

MUSIC THERAPY

A MEDICAL DICTIONARY, BIBLIOGRAPHY,
AND ANNOTATED RESEARCH GUIDE TO
INTERNET REFERENCES



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The collective knowledge generated from academic and applied research summarized in various references has been critical in the creation of this book which is best viewed as a comprehensive compilation and collection of information prepared by various official agencies which produce publications on music therapy. Books in this series draw from various agencies and institutions associated with the United States Department of Health and Human Services, and in particular, the Office of the Secretary of Health and Human Services (OS), the Administration for Children and Families (ACF), the Administration on Aging (AOA), the Agency for Healthcare Research and Quality (AHRQ), the Agency for Toxic Substances and Disease Registry (ATSDR), the Centers for Disease Control and Prevention (CDC), the Food and Drug Administration (FDA), the Healthcare Financing Administration (HCFA), the Health Resources and Services Administration (HRSA), the Indian Health Service (IHS), the institutions of the National Institutes of Health (NIH), the Program Support Center (PSC), and the Substance Abuse and Mental Health Services Administration (SAMHSA). In addition to these sources, information gathered from the National Library of Medicine, the United States Patent Office, the European Union, and their related organizations has been invaluable in the creation of this book. Some of the work represented was financially supported by the Research and Development Committee at INSEAD. This support is gratefully acknowledged. Finally, special thanks are owed to Tiffany Freeman for her excellent editorial support.

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FORWARD

In March 2001, the National Institutes of Health issued the following warning: "The number of Web sites offering health-related resources grows every day. Many sites provide valuable information, while others may have information that is unreliable or misleading."¹ Furthermore, because of the rapid increase in Internet-based information, many hours can be wasted searching, selecting, and printing. Since only the smallest fraction of information dealing with music therapy is indexed in search engines, such as **www.google.com** or others, a non-systematic approach to Internet research can be not only time consuming, but also incomplete. This book was created for medical professionals, students, and members of the general public who want to know as much as possible about music therapy, using the most advanced research tools available and spending the least amount of time doing so.

In addition to offering a structured and comprehensive bibliography, the pages that follow will tell you where and how to find reliable information covering virtually all topics related to music therapy, from the essentials to the most advanced areas of research. Public, academic, government, and peer-reviewed research studies are emphasized. Various abstracts are reproduced to give you some of the latest official information available to date on music therapy. Abundant guidance is given on how to obtain free-of-charge primary research results via the Internet. **While this book focuses on the field of medicine, when some sources provide access to non-medical information relating to music therapy, these are noted in the text.**

E-book and electronic versions of this book are fully interactive with each of the Internet sites mentioned (clicking on a hyperlink automatically opens your browser to the site indicated). If you are using the hard copy version of this book, you can access a cited Web site by typing the provided Web address directly into your Internet browser. You may find it useful to refer to synonyms or related terms when accessing these Internet databases. **NOTE:** At the time of publication, the Web addresses were functional. However, some links may fail due to URL address changes, which is a common occurrence on the Internet.

For readers unfamiliar with the Internet, detailed instructions are offered on how to access electronic resources. For readers unfamiliar with medical terminology, a comprehensive glossary is provided. For readers without access to Internet resources, a directory of medical libraries, that have or can locate references cited here, is given. We hope these resources will prove useful to the widest possible audience seeking information on music therapy.

The Editors

¹ From the NIH, National Cancer Institute (NCI): <http://www.cancer.gov/cancerinfo/ten-things-to-know>.

CHAPTER 1. STUDIES ON MUSIC THERAPY

Overview

In this chapter, we will show you how to locate peer-reviewed references and studies on music therapy.

The Combined Health Information Database

The Combined Health Information Database summarizes studies across numerous federal agencies. To limit your investigation to research studies and music therapy, you will need to use the advanced search options. First, go to <http://chid.nih.gov/index.html>. From there, select the "Detailed Search" option (or go directly to that page with the following hyperlink: <http://chid.nih.gov/detail/detail.html>). The trick in extracting studies is found in the drop boxes at the bottom of the search page where "You may refine your search by." Select the dates and language you prefer, and the format option "Journal Article." At the top of the search form, select the number of records you would like to see (we recommend 100) and check the box to display "whole records." We recommend that you type "music therapy" (or synonyms) into the "For these words:" box. Consider using the option "anywhere in record" to make your search as broad as possible. If you want to limit the search to only a particular field, such as the title of the journal, then select this option in the "Search in these fields" drop box. The following is what you can expect from this type of search:

- **Music Therapy and the Treatment of Alzheimer's Disease**

Source: Clinical Gerontologist. 16(1): 41-57. 1995.

Summary: This article discusses the value of music for people with Alzheimer's disease, with a particular focus on music as therapy. Two ways of using music as therapy are active therapy, in which patients play musical instruments or sing, and passive therapy, in which patients listen to the therapist who plays live or recorded music for them. While language deterioration is a feature of cognitive deficit, musical abilities often are preserved. Several research studies have documented favorable responses of people with Alzheimer's disease to playing music or listening to it. The article presents a case study based on the improvisation of music between a therapist and patient in which the therapist played the piano while the patient used a range of instruments on different occasions. The female patient was seen by the therapist on an outpatient basis for 10

weekly sessions. In all, she showed the ability to play an ordered rhythmic pattern, even though this ability varied. At the end of the treatment period, some of the patient's communicative abilities were strengthened, and her attention to visitors and conversations improved. The author suggests that music therapy may enhance the ability of people with Alzheimer's disease to take a more active part in daily life, and it may serve as an assessment tool for small changes in functioning. 2 tables, 69 references.

- **Beat of a Different Drummer: Music Therapy's Role in Dementia Respite Care**

Source: *Activities, Adaptation and Aging*. 25(2): 75-84. 2001.

Summary: This article explores ways to incorporate music therapy into dementia respite care. The first section reviews the cognitive, functional, and behavioral effects of dementia and the role of respite or day services in reducing caregiver burden. The second section briefly describes the history of music therapy and the professional qualifications and availability of certified music therapists. The third section suggests ways that day service providers of all sizes and budgets can incorporate music therapy into their programs. While larger programs may hire a full-time music therapist, smaller programs can use the activity director to provide music programming, recruit volunteers with musical talents, ask for donations of time and equipment, offer internships and work-study programs for music therapy students, or share the services of a music therapist with other sites or programs. 20 references.

- **Music Therapy and Reading as Intervention Strategies for Disruptive Behavior in Dementia**

Source: *Clinical Gerontologist*. 22(1): 31-46. 2000.

Summary: This article reports the effects of music therapy and reading interventions on disruptive behaviors in two agitated nursing home residents with dementia. One resident had cognitive changes following cerebrovascular accident (CVA), and the other had Alzheimer's disease. The patients were observed during a 2-week baseline period, two 2-week treatment periods separated by 1 week, and 2 weeks of follow up. During the treatment periods, patients were observed immediately before, during, and immediately after an individualized 10-minute intervention. Each patient received either music therapy or reading/book exploration during the first treatment period, and the alternative intervention during the second period. Disruptive behavior scores were derived using the Disruptive Behavior Rating Scale. Both interventions were found to be effective for the AD patient, whereas the CVA patient improved with the reading intervention but worsened with the music intervention. The findings highlight the need for individualized intervention planning for agitated patients with dementia. 2 figures, 2 tables, 24 references.

- **Effects of a Socialization and Music Therapy Intervention on Self-Esteem and Loneliness in Spouse Caregivers of Those Diagnosed With Dementia of the Alzheimer's Type: A Pilot Study**

Source: *American Journal of Alzheimer's Care and Related Disorders and Research*. 8(1): 24-32. January-February 1993.

Summary: This journal article describes a pilot study that investigated the impact of a socialization and music therapy intervention on self-esteem and loneliness in spouse caregivers of persons with Alzheimer's disease. The intervention was a joint effort involving social work and music therapy services. Four caregivers and their spouses with dementia were invited to participate in a social gathering with luncheon and music

therapy sessions. The music therapy programming included singing, drum playing, and dancing. Measures of self-esteem and loneliness were collected at each of six weekly sessions and a 1 month follow up session. Three of the four caregivers showed improvement in self-esteem scores while one caregiver showed no change. Two caregivers showed trends for less loneliness, one remained the same, and one's loneliness increased slightly. 22 references.

- **Music Therapy Increases Serum Melatonin Levels in Patients With Alzheimer's Disease**

Source: *Alternative Therapies*. 5(6): 49-57. November 1999.

Summary: This journal article describes a study of the effects of music therapy on neurotransmitters and neurohormones in patients with Alzheimer's disease (AD). Participants were 20 male patients at the Miami Veterans Administration Medical Center. The researchers took blood tests to determine the concentrations of melatonin, norepinephrine, epinephrine, serotonin, and prolactin in the patients before initiating the therapy, immediately at the end of four weeks of therapy, and at a six week follow-up after cessation of the therapy sessions. Melatonin concentration increased significantly after therapy and had increased further at the six week follow-up. Norepinephrine and epinephrine levels increased after four weeks of music therapy, but returned to pre-therapy levels at the follow-up. Prolactin and platelet serotonin levels were unchanged. The authors conclude that increased levels of melatonin following the therapy may have contributed to patients' relaxed and calm mood. 2 tables, 86 references.

- **Categories of Music Therapy at Judson Retirement Community**

Source: *Music Therapy Perspectives*. 8: 88-89. 1990.

Summary: This journal article describes five types of music therapy interventions that are used with persons who have Alzheimer's disease. This music therapy program is used with members of the Judson Retirement Community who are residing in the Assisted Living and Nursing Care Centers and those attending the Day Enrichment Center. The first category, Stimulation Goals, is aimed at persons who are unable or unwilling to participate in structured programming as well as those who participate in activities but benefit from extra stimulation. The second category, Active Involvement Goals, is intended to increase the individual's participation in the music therapy session. The third category, Specific Individualized Behavioral Goals, includes music activities that are directed toward such behavioral objectives as increasing the ability to follow instructions and increasing peer interactions. The fourth category, Maintenance Goals, consists of music therapy sessions for individuals who show a particular enjoyment in music. The fifth category, Consultation Services, includes collaboration on the development of musical activities and individual therapeutic goals.

- **Unique Power of Music Therapy Benefits Alzheimer's Patients**

Source: *Activities, Adaptation and Aging*. 14(4): 59-63. Summer 1990.

Contact: Available from Haworth Press, Inc. 10 Alice Street, Binghamton, NY 13904. (800) 3-HAWORTH. PRICE: Call for information.

Summary: This journal article describes how music can motivate patients with Alzheimer's disease, reduce restlessness, trigger language and short-term memory abilities, and provide relaxation and comfort to both the patient and his or her family.

The author cites the autoharp and omnichord as instruments that have been particularly successful with Alzheimer's patients. Songs consisting of simple, repetitive chords are most effective in eliciting responses from patients. Rhythm, the most basic element of music, has the potential to motivate patients and encourage them to exercise. Suggestions for involving patients in exercise programs using music are provided. Word recall can be triggered by incorporating familiar songs into a music therapy session and encouraging patients to complete the lyrics. The use of soothing music or music associated with one's religion may promote relaxation in frustrated, agitated, or fearful patients. The author asserts that patients in all stages of Alzheimer's disease can benefit from musical stimulation.

- **Two Epistemologies: Music Therapy and Medicine in the Treatment of Dementia**

Source: *Arts in Psychotherapy*. 19(4): 243-255. 1992.

Summary: This journal article discusses the use of music therapy as a complementary tool in the clinical assessment and management of persons with dementia. The authors' purpose is to establish a common language through which music therapists and medical practitioners can discuss and compare therapeutic changes in their clients. They describe the clinical aspects of dementia and explain how music therapy can be used to assess areas of functioning, both receptive and productive, not covered adequately by other test instruments. Such areas include fluency, perseverance in context, attention, concentration, and focus on intent. They also discuss the involvement of the cerebral hemispheres in music production and the relationship of musical processes to other cognitive processes. A case example is provided to illustrate the use of music therapy with an individual with Alzheimer's disease. 53 references.

- **Israeli Folkmusic: Its Characteristics and Its Use in Music Therapy Activities With People Diagnosed With Alzheimer's Disease**

Source: *Activities, Adaptation, and Aging*. 23(4): 49-58. 1999.

Summary: This journal article examines the characteristics of Israeli folk music, relates them to the problems of people affected by dementia, and discusses how music therapy activities have been conducted in a psychogeriatric center in Israel. The author discusses the history of Israeli folk music; the current elderly Jewish population in Israel; the effect of music activities on patients with dementia; the appropriate music to choose for patients affected by Alzheimer's disease (AD); the characteristics of folk music, including melody, rhythm, dynamics, and instruments, that relate to the problems of AD patients; and using folk music in music therapy activities. The author provides suggestions for using folk music in other countries that have Jewish immigrants and provides information on wheelchair dancing. 3 notes, 22 references.

- **Brief In-Service Training in Music Therapy for Activity Aides: Increasing Engagement of Persons With Dementia in Rhythm Activities**

Source: *Activities, Adaptation and Aging*. 24(4): 41-49. 2000.

Summary: This journal article examines the effects of a brief in-service workshop to teach activity aides how to use music therapy in their work with people with dementia in a special care unit. The workshop discussed the goals of music therapy rhythm applications, taught staff how to conduct rhythm applications, and demonstrated applications with individuals and a group of residents. Staff and residents were observed using rhythm instruments before and after the training. Results indicated that residents' engagement significantly increased after the workshop. The authors conclude

that the training workshop enabled the aides to be more effective in engaging residents in rhythm activities in both individual and group activity sessions. 1 figure, 10 references.

- **Music Therapy: An Effective Tool in Health Care**

Source: Focus on Geriatric Care and Rehabilitation. [Newsletter] 5(10): 1-8. April 1992.

Summary: This journal article provides an overview of music therapy in the geriatric care setting. Music therapy is a specialized use of music which has been found to improve social functioning, mental functioning, and mental or physical health in elderly persons, including those with Alzheimer's disease. Persons with Alzheimer's disease have been found to respond well to music. Music therapy often decreases agitation, and for some persons, it allows the emergence of pre-disease personality traits and memory. Music therapy also can facilitate positive interaction between caregivers and persons with Alzheimer's disease and other dementias. This article provides a brief history of music therapy and examines how it contributes to communication, relaxation, social integration, improved mental functioning, and other therapeutic outcomes. It considers the role of the music therapist in the geriatric setting and the process of client assessment and programming. Finally, the article discusses reimbursement for music therapy and identifies research needs, particularly the need for more studies on the use of music therapy with persons with Alzheimer's disease.

- **Music Therapy Sparks Singing, Dancing, Playing**

Source: Respite Report. 2(1): 1, 6. Fall-Winter 1989.

Contact: Available from Bowman Gray School of Medicine, Wake Forest University. 300 South Hawthorne Road, Winston-Salem, NC 27103.

Summary: This special illustrated report describes how music has been producing dramatic changes in dementia clients at an adult daycare center in Utah. The center was host of 30-35 music programs per month, ranging from professionals to school groups; with some groups, dementia clients were singing along, often singing words that everyone thought they had long forgotten. With the initiation of music therapy, dozens of clients with dementia diagnoses, many of whom had extremely low mental status functioning scores, showed spectacular improvement. To illustrate: a depressed 83-year-old woman who had not played the piano in 25 years has gone back to it, playing at least 15 minutes per day, accompanying the singing in one therapeutic group. Other examples are also described.

- **Effectiveness of Music Therapy: 1:1 Intervention With Individuals Having Senile Dementia of the Alzheimer's Type**

Source: Journal of Music Therapy. 30(3): 138-157. Fall 1993.

Summary: This study examined the effect of music therapy on the wandering behavior of 30 patients (average age of 77.5 years) with Alzheimer's disease (AD). Participants resided in a major metropolitan health care facility on a special AD care unit. Researchers randomly assigned participants to either mostly music attention or mostly reading attention groups. Researchers used pedometers, mercury counters, and cyclometers to measure participants' baseline and session wandering behavior. Participants received seven one-to-one sessions by the music therapist (either five sessions of music and two reading, or five sessions reading and two music) over a period of 15 weeks. The Mini-Mental Status Exam, a brief cognitive test, was

administered before and after the therapy sessions. Results show that participants remained seated or stayed near the session area longer for music sessions than for reading sessions under all conditions. Mean differences in seating/nearness time were significant in favor of all music versus all reading sessions. There was a significant session effect for an increase for seating/nearness scores and a decrease in wandering scores over the course of the five sessions for both groups. No significant differences were found in wandering or cognitive difference scores for treatments or groups. However, participants' cognition scores varied greatly, possibly because of attention factors, degree of treatment enjoyment, or stress related to having to answer direct questions. 4 figures, 3 tables, 58 references.

Federally Funded Research on Music Therapy

The U.S. Government supports a variety of research studies relating to music therapy. These studies are tracked by the Office of Extramural Research at the National Institutes of Health.² CRISP (Computerized Retrieval of Information on Scientific Projects) is a searchable database of federally funded biomedical research projects conducted at universities, hospitals, and other institutions.

Search the CRISP Web site at http://crisp.cit.nih.gov/crisp/crisp_query.generate_screen. You will have the option to perform targeted searches by various criteria, including geography, date, and topics related to music therapy.

For most of the studies, the agencies reporting into CRISP provide summaries or abstracts. As opposed to clinical trial research using patients, many federally funded studies use animals or simulated models to explore music therapy. The following is typical of the type of information found when searching the CRISP database for music therapy:

- **Project Title: BROCODILE THE CROCODILE: OBESITY PREVENTION IN DAY CARE**

Principal Investigator & Institution: Dennison, Barbara A.; Mary Imogene Bassett Hospital Cooperstown, Ny 13326

Timing: Fiscal Year 2001; Project Start 30-SEP-1999; Project End 31-AUG-2003

Summary: The obesity epidemic in the US includes not only adults but extends to the preschool-age group. Although genetics plays a role in the development of obesity, only environmental and behavioral changes can account for the recent increases. Thus, to reverse the current trend of increasing prevalence of obesity and its attendant comorbidities, population-based interventions, focusing on behavioral changes are required. Because lifestyle behaviors have their origins in childhood and the increased prevalence of obesity is present by age 5, interventions to alter the natural course of obesity need to begin during the preschool years. We propose a novel, innovative, exciting, day care-based approach to prevent the development of childhood obesity. Brocodile the Crocodile, recognizes the increasing role that day care plays in the lives of young children and is designed to be fun and appealing to young children, their parents, and their day care providers. This three- component program consists of: 1)

² Healthcare projects are funded by the National Institutes of Health (NIH), Substance Abuse and Mental Health Services (SAMHSA), Health Resources and Services Administration (HRSA), Food and Drug Administration (FDA), Centers for Disease Control and Prevention (CDCP), Agency for Healthcare Research and Quality (AHRQ), and Office of Assistant Secretary of Health (OASH).

developmentally-appropriate Music Movement, based on a well-developed music-movement program, Kindermusik(R), capitalizes on children's gross motor abilities, response to repetition, and enjoyment of music; 2) Healthy Eating, a developmentally-based heart-healthy eating program, focusing on behavior and environment; and 3) Parenting, a skills-based program. We propose to conduct a 18-month, randomized clinical trial among 20 day care centers, where 10 Intervention centers will receive the Brocodile the Crocodile program and 10 centers will be the Controls, and to evaluate, as the primary outcome, the difference in the change in BMI (adiposity) between the children attending the Intervention vs. Control day care centers. In addition, the relationship of other variables (e.g., child diet, physical activity, TV viewing, parent behavior, etc.), to change in BMI will be evaluated, as will screening strategies to identify children at greatest risk of developing obesity. At the conclusion of this research project, an innovative day care-based obesity prevention program will have been developed, implemented, and evaluated for effectiveness in preventing childhood obesity. The findings will help fill the knowledge gap and guide future recommendations for the prevention of obesity in young children.

Website: http://crisp.cit.nih.gov/crisp/Crisp_Query.Generate_Screen

- **Project Title: EFFECTS OF RELAXING MUSIC AFTER MYOCARDIAL INFARCTION**

Principal Investigator & Institution: Winters, Jill M.; Associate Professor; None; Marquette University P.O. Box 1881 Milwaukee, WI 532011881

Timing: Fiscal Year 2001; Project Start 01-JUL-2000; Project End 31-JUL-2004

Summary: This abstract is not available.

Website: http://crisp.cit.nih.gov/crisp/Crisp_Query.Generate_Screen

- **Project Title: EFFICACY OF NON-DRUG PROTOCOLS TO AID SLEEP IN DEMETIA**

Principal Investigator & Institution: Tabloski, Patricia A.; None; Boston College 140 Commonwealth Ave Newton, MA 02467

Timing: Fiscal Year 2001; Project Start 01-JUN-2001; Project End 31-MAY-2004

Summary: Disturbances in sleep are prominent and disabling secondary symptoms in Alzheimer's Disease (AD). Sleep disturbances in nursing home residents are associated with a variety of environmental and behavioral factors. An intervention that addresses environmental and resident-centered strategies can potentially improve sleep and ease daytime agitation in those with AD. The research question guiding this investigation is "Can a sleep protocol utilizing non-pharmacological sleep enhancing strategies such as calming music and a noise-light abatement program improve the quality and quantity of sleep and relieve daytime agitation in nursing home (NH) residents with AD and sleep disorders?" This study is a controlled clinical intervention utilizing 60 NH residents with AD. During Phase I of the project, a resident centered intervention consisting of 30 minutes of calming music at bedtime will be tested. During Phase II, an environmental intervention consisting of a staff-directed noise/light abatement intervention will be developed and implemented and its effect on the quality and quantity of sleep and daytime agitation will be assessed. Finally, calming music at bedtime will be delivered in the noise/light abated environment. Measurements will be collected at four points in time and will consist of: baseline, music, noise/light abatement and music in a noise/light abated environment. Data collected will consist of one week (24 hrs/day X 7 days) of Actigraph monitoring, environmental light and noise measurement, a tally of

the number and type of routine and "as needed" (PRN) sedative/hypnotic medications, and scores on the Cohen- Mansfield Agitation Inventory, MiniMental Status Examination and Activities of Daily Living Scale. Data will be analyzed by Repeated Measures Multivariate Analysis of Variance (R-ANOVA) or Covariance (R-ANCOVA). It is hypothesized that when exposed to the Combined Music + Noise/Light Abatement conditions, subjects will have significantly better sleep quantity and quality and significantly less daytime verbal and motor agitation than under any of the other conditions. It is further hypothesized that subjects under both the Music Alone and the Noise/Light Abatement conditions will have significantly better sleep quantity and quality and significantly less daytime verbal and motor agitation than under Baseline conditions.

Website: http://crisp.cit.nih.gov/crisp/Crisp_Query.Generate_Screen

- **Project Title: INCARCERATED ABUSED WOMEN--ETHNIC SENSITIVE INTERVENTION**

Principal Investigator & Institution: Taylor, Janette Y.; None; University of Iowa Iowa City, Ia 52242

Timing: Fiscal Year 2001; Project Start 30-SEP-2000; Project End 31-AUG-2003

Summary: The primary goal of this training fellowship is to prepare for a research career as a successful independent investigator in women's health research. Specifically, this training will provide me an opportunity to: 1) engage in extensive study and research training focused on the development and evaluation of ethnic sensitive interventions with women survivors of domestic violence, and 2) conduct an independent research project through the guided mentorship of Dr. Toni Tripp-Reimer, PhD, FAAN, Dr. Jacquelyn Campbell, PhD, FAAN, and Ms. Susan Schechter, MSW. The specific aims of the study are: 1) To determine the effect of a multi-modal intervention (music and account-making) in a group setting with incarcerated women on psychological, social and behavioral domains. 2) To determine the retention of post-intervention gains. 3) To describe the women's subjective evaluation of the interventions. The hypotheses tested are: 1A. Dual intervention groups (ethnomusic therapy and account-making combined) will show the greatest gains on psychological (depression, anxiety, thought intrusion, self-esteem), social (social isolation), and behavioral (alcohol/drug abuse, crime, re/victimization) measures, relative to account-making only groups. 1B. Account-making in racially homogeneous groups will produce significantly greater gains compared to a racially heterogeneous group. The specific aims will be accomplished through the triangulation of self-reported measures, focus groups, and interviews. This study will employ a quasi-experimental design with random and non-random assignment to experimental comparison and control groups. This training fellowship will also prepare me to fulfill my long-term objectives, as a nurse researcher, which are to: 1) conduct research focusing on under-represented populations in research; 2) combine active research pursuits with teaching in an academic setting; and 3) make contributions that advance nursing science, enhance nursing practice, and provide mentored research opportunities for future nurse scholars.

Website: http://crisp.cit.nih.gov/crisp/Crisp_Query.Generate_Screen

- **Project Title: MUSIC AND CHRONIC PAIN: A CLINICAL TRIAL**

Principal Investigator & Institution: Siedlecki, Sandra L.; None; Case Western Reserve University 10900 Euclid Ave Cleveland, Oh 44106

Timing: Fiscal Year 2001; Project Start 28-AUG-2001

Summary: Chronic non-malignant pain (CNMP) affects millions of individuals and results in powerlessness, depression, and disability. Pharmacological interventions have unpleasant side effects and provide only partial relief. The purpose of this experimental study is to examine and compare the effects of two music interventions on power, pain, functional disability, and depression in individuals with CNMP. Ninety adults who have experienced back, neck, and/or joint pain for more than six months will be randomly assigned to one of three groups. The pattern-healing music (PMH) group will use self-selected music and music-listening techniques based on self-evaluation of comfort and mood. The standard music (SM) group will use relaxing instrumental music provided by the researcher, and the control group will receive no music. It is posited that perceived pain, depression, and functional disability will decrease in both music groups, that it will decrease more in the PHM group, and that this effect will be mediated by power. The McGill Pain Questionnaire Short-form, the Pain Disability Index, the Center for Epidemiological Studies Depression Scale, and the Power as Knowing Participation in Change Tool will be used to examine the effect of the music interventions. One-hour music interventions will be self-administered once a day, for seven consecutive days and data will be recorded at baseline, day 7, and day 21. Analysis of covariance will be used to test the hypotheses. If providing a music intervention decreases pain, depression, and the functional disability associated with CNMP this will result in improved quality of life for a large population who currently have limited treatment choices.

Website: http://crisp.cit.nih.gov/crisp/Crisp_Query.Generate_Screen

- **Project Title: MUSIC IMAGERY FOR PATIENTS IN PROTECTED ENVIRONMENTS**

Principal Investigator & Institution: Burns, Debra M.; Asst. Research Scientist; Nursing Research; Indiana Univ-Purdue Univ at Indianapolis 620 Union Drive, Room 618 Indianapolis, IN 462025167

Timing: Fiscal Year 2002; Project Start 01-JUL-2002

Summary: Standard treatment for high-grade, non-Hodgkin's lymphoma and acute leukemia includes intensive chemotherapy, which requires a 4-week hospital stay in protective isolation. Patients treated in isolation units can experience elevated levels of psychological distress. Both guided imagery and **music therapy** have shown promise as intervention techniques to improve mood in cancer patients other than acute leukemia and non-Hodgkin's lymphoma patients. Therefore, the overall goal of this study is to explore the effect of a music imagery intervention on general anxiety, affect, and fatigue in patients receiving intensive chemotherapy for acute leukemia or high-grade non-Hodgkin's lymphoma. The proposed pilot utilizes an experimental repeated measures design to evaluate the effects of a music imagery intervention on general anxiety, affect, and fatigue. A sample of 60 patients will be randomly assigned to standard care plus music imagery or standard care. Individuals assigned to the standard care plus music imagery group will receive a 45-minute, weekly music imagery session with a music therapist. Individuals assigned to standard care will receive standard treatment, which includes hospital admission for induction chemotherapy. All subjects will complete repeated measures of general anxiety, affect, and fatigue.

Website: http://crisp.cit.nih.gov/crisp/Crisp_Query.Generate_Screen

- **Project Title: MUSIC THERAPY FOR CANCER PATIENTS AT THE END OF LIFE**

Principal Investigator & Institution: Nelson, Kristine A.; Institute for Cancer Prevention 1 Dana Rd Valhalla, NY 10595

Timing: Fiscal Year 2001; Project Start 28-SEP-2001; Project End 30-APR-2005

Summary: (provided by applicant): The purpose of this exploratory pilot study is to evaluate the safety, tolerability, acceptability and effect of **music therapy** on various symptoms cancer patients at the end of life and the putative biochemical and physiological correlates accompanying the changes. The research design for this project is a randomized, controlled trial comparing **music therapy** to a control group of cancer patients admitted to a Palliative Medicine inpatient unit. **Music therapy** has been shown to enhance mood in cancer inpatients and to increase saliva Ig A levels post-music therapy compared to pre-therapy. **Music therapy** has also been shown to produce a decline in commonly associated physiological stress parameters i.e. plasma cortisol levels and autonomic nervous system function. We hypothesize that **music therapy** may also affect other biochemical/physiological/immune measures of stress and inflammation in cancer patients. The specific aims of the study are to: 1. evaluate the safety, tolerability and acceptability effect of a 40 minute **music therapy** session in cancer patients at the end of life, 2. describe the effect of **music therapy** on selected cancer-related symptoms, biochemical and physiological parameters (plasma cortisol, heart rate, respiratory rate, blood pressure, pupil size), and inflammatory/immune reactants: C-reactive protein (CRP), Interferon-gamma (INF-y), Interleukin-6 (IL-6), and Interleukin-10 (IL-10), parameters frequently abnormal in advanced cancer patients, 3. compare the above results to those of a control group who continue their usual activity for 40 minutes, and 4. analyze the correlation between selected symptom changes and biochemical/physiological/ inflammatory/immune parameters with paired T-tests. The research site for this study is the Palliative Medicine Unit (PMU) of The Taussig Cancer Center at The Cleveland Clinic Foundation, a large, private, non-profit tertiary care medical center. The **music therapy** will be provided by trained, board-certified music therapists with experience providing **music therapy** for cancer patients at the end of life. Our study is significant because it has the potential to provide novel preliminary information about the side effects, tolerability, acceptability and preliminary data on the effects of **music therapy** on selected symptoms in advanced cancer patients in a randomized trial at the end of life.

Website: http://crisp.cit.nih.gov/crisp/Crisp_Query.Generate_Screen

- **Project Title: QUALITY OF LIFE**

Principal Investigator & Institution: Sloan, Jeff A.; Lead Statistician; Mayo Clinic Rochester 200 1St St Sw Rochester, Mn 55905

Timing: Fiscal Year 2001; Project Start 01-JAN-1982; Project End 31-DEC-2005

Summary: Our primary goal is to assess only relevant endpoints that have tangible outcomes for cancer patients and clinical practice. Over the previous grant period, QOL research has been organized into a programmatic approach following three themes: 1) assessing QOL endpoints efficiently within treatment trials; 2) designing trials targeted specifically to QOL endpoints; and 3) developing new QOL methodology. Cancer treatment delivery can be improved through direct intervention to impact QOL endpoints, improved QOL assessment methods, or interventions to ameliorate concomitant side effects. A barrier to the development of these research efforts has been the lack of dedicated resources. Preliminary Work: A guiding principle of our preliminary work can be summarized as "less is more". We demonstrated that a single item global QOL instrument can display greater sensitivity to change than a multi-item tool aimed at the same construct. We use minimally sufficient sets of individual QOL items and a prior clinically significant effect sizes. Preliminary Work: A guiding principle of our preliminary work can be summarized as "less is more." We

demonstrated that a single item global QOL instrument can display greater sensitivity to change than a multi-item tool aimed at the same construct. We use minimally sufficient sets of individual QOL items and a priori clinically significant effect sizes. Clinical trials work includes pilot studies that target QOL endpoints (such as social support) which impact directly on the ability to receive and tolerate cancer treatments and special populations (e.g., the elderly). Methodological advances include new tools, approaches, and analytical methods for combining QOL data with the traditional treatment endpoints of survival and response. This work also impacts the design of and accrual to cancer treatment trials. Future Directions: We have identified major issues for QOL research which will be addressed across all disease committees. We will define clinical significance for QOL endpoints by hosting an international meeting with the purpose of drafting a consensus document. Other research targets the use of individual questions as clinical intervention triggers and the use of proxy respondents to address the issue of missing data. We will construct an assessment package to identify frail elderly cancer patients so that modified treatments can be developed and linkage programs established within the community oncology practices to address deficits in individual patient social support. We will also explore the use of complementary therapies for pain management, including music and massage. Summary: The unique community practice-based structure of NCCTG has fostered the development of efficient, programmatic, and pragmatic QOL research. We are at a critical juncture whereupon the present activity can be grown into a fully funded and functional program.

Website: http://crisp.cit.nih.gov/crisp/Crisp_Query.Generate_Screen

- **Project Title: SUPPLEMENTING RELAXATION & MUSIC FOR POSTOPERATIVE PAIN**

Principal Investigator & Institution: Good, Marion P.; Associate Professor; None; Case Western Reserve University 10900 Euclid Ave Cleveland, Oh 44106

Timing: Fiscal Year 2001; Project Start 30-SEP-1994; Project End 31-MAR-2005

Summary: (provided by applicant): Despite decades of research on postoperative pain, it is still not being relieved. To date there has been no clinical trial that integrates testing of both pharmacological and nonpharmacological methods of pain relief. Patients remain unaware of a variety of methods that can be used to relieve their own pain and care-providers do not effectively impart this information to patients. In the previous NINR funded grant, we found that the combination of relaxation and music relieved postoperative abdominal pain significantly more than PCA opiates alone. The effect of this nonpharmacological adjuvant for pain was also clinically significant: patients reported 24 percent less pain than when PCA opioids were used. The nonpharmacological intervention also reduced sympathetic nervous effects. However, patients continued to have moderate pain. More relief is needed to reduce the effect of pain on stress and immune function, thereby placing patients in a better position to resist infection and surgical complications. Teaching patients about appropriate use of both pharmacological and nonpharmacological methods of analgesia merits testing. Patient teaching about pain management is expected to increase patient knowledge of pharmacological methods they can use for relief, and to decrease apprehension and opioid fears; while relaxation and music relaxes and distracts patients from the pain. The aim of this RCT is to test and compare the efficacy of nonpharmacologic relaxation and music, patient teaching about pain management, and the combination of both. Abdominal surgical patients expected to receive PCA will be randomly assigned to one of four groups: (1) nonpharmacologic therapy, (2) patient teaching about pain management, (3) the combination of nonpharmacologic therapy and patient teaching

about pain management, and (4) a control group receiving PCA alone. The three audiotaped interventions for pain will be tested in 356 abdominal surgical patients before and after 20-minute periods of rest, once on the day of surgery, and twice on postoperative day 1. Outcome measures include postoperative pain, stress, side effects of opioids, and immunity. Pain sensation and distress will be measured with visual analogue scales (VAS) along with stress (salivary cortisol) and immune response (salivary IgA) at the pre and posttests. Subjects will be given the tape to use whenever they wish in the first two days. A timing device in the tape recorder will be used to control for minutes of use, and pain and side effects will be measured every four hours. Knowledge of the effects of patient teaching and non-invasive methods to reduce postoperative pain, stress, and immune function may facilitate postoperative recovery with lower health-care cost.

Website: http://crisp.cit.nih.gov/crisp/Crisp_Query.Generate_Screen

- **Project Title: THE EFFECTS OF MUSIC THERAPY-BASED STRESS REDUCTION ON ***

Principal Investigator & Institution: Sahler, Olle J.; Pediatrics; University of Rochester Orpa - Rc Box 270140 Rochester, Ny 14627

Timing: Fiscal Year 2001; Project Start 15-JUL-2001; Project End 30-JUN-2003

Summary: (provided by applicant): The regimen-related toxicities associated with bone marrow transplantation (BMT) can be severe and even life threatening. The overall goal of this randomized controlled pilot study in BMT patients is to determine the effect of relaxation/.stress reduction strategies on: (1) the frequency/severity of toxic side effects of marrow ablative chemotherapy, and (2) the timing of immune reconstitution. A substantial literature indicates that music therapy-based interventions are effective in inducing relaxation and also affect immune function by modulating circulating and salivary levels of such agents as cortisol, immunoglobulin A, interleukin-1, natural killer cells, and a variety of other immune system-related substances. Over the past two years, we have provided music therapy-based stress reduction/relaxation interventions to a convenience sample of patients undergoing BMT. Preliminary findings from this pilot feasibility study demonstrate that patients report significantly decreased pain ($p < .004$) and sense of nausea ($p < .001$) following an intervention. Average time-to-engraftment was 13.5 (+/- 2.85) days as compared to 15.5 (+/- 4.40) days ($p < .01$) for a group of historical controls matched on diagnosis, type of transplant, conditioning regimen, date of transplant, age, and gender. Although highly promising, our data are limited by lack of randomization, an appropriate control condition, measurement of psychologic factors known to influence outcome in BMT, and systematic monitoring of early phase markers of immune reconstitution that could help explain the phenomena we have observed. This proposal corrects these shortcomings and especially highlights the potential mediational effect of cytokine release on regimen-related toxicities and the timing of immune reconstitution.

Website: http://crisp.cit.nih.gov/crisp/Crisp_Query.Generate_Screen

The National Library of Medicine: PubMed

One of the quickest and most comprehensive ways to find academic studies in both English and other languages is to use PubMed, maintained by the National Library of Medicine.³ The advantage of PubMed over previously mentioned sources is that it covers a greater number of domestic and foreign references. It is also free to use. If the publisher has a Web site that offers full text of its journals, PubMed will provide links to that site, as well as to sites offering other related data. User registration, a subscription fee, or some other type of fee may be required to access the full text of articles in some journals.

To generate your own bibliography of studies dealing with music therapy, simply go to the PubMed Web site at <http://www.ncbi.nlm.nih.gov/pubmed>. Type "music therapy" (or synonyms) into the search box, and click "Go." The following is the type of output you can expect from PubMed for music therapy (hyperlinks lead to article summaries):

- **"What should he play?" Musical instruments in music therapy.**
 Author(s): Fenwick AM.
 Source: Nurs Times. 1972 October 26; 68(43): 1344-7. No Abstract Available.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=5081243&dopt=Abstract
- **A comparison of the effect of music therapy and medical play therapy on the verbalization behavior of pediatric patients.**
 Author(s): Froehlich MA.
 Source: J Music Ther. 1984 Spring; 21(1): 2-15.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10267962&dopt=Abstract
- **A method of analyzing improvisations in music therapy.**
 Author(s): Lee C.
 Source: J Music Ther. 2000 Summer; 37(2): 147-67. No Abstract Available.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10979757&dopt=Abstract
- **A pilot program in music therapy with residents of a home for the aged.**
 Author(s): Shapiro A.
 Source: The Gerontologist. 1969 Summer; 9(2): 128-33.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=5808764&dopt=Abstract
- **A pilot study into the therapeutic effects of music therapy at a cancer help center.**
 Author(s): Burns SJ, Harbuz MS, Hucklebridge F, Bunt L.
 Source: Alternative Therapies in Health and Medicine. 2001 January; 7(1): 48-56.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11191042&dopt=Abstract

³ PubMed was developed by the National Center for Biotechnology Information (NCBI) at the National Library of Medicine (NLM) at the National Institutes of Health (NIH). The PubMed database was developed in conjunction with publishers of biomedical literature as a search tool for accessing literature citations and linking to full-text journal articles at Web sites of participating publishers. Publishers that participate in PubMed supply NLM with their citations electronically prior to or at the time of publication.

- **A research critique. Intraoperative music therapy: effects on anxiety, blood pressure.**
Author(s): Hinojosa RJ.
Source: Plastic Surgical Nursing : Official Journal of the American Society of Plastic and Reconstructive Surgical Nurses. 1995 Winter; 15(4): 228-30; Discussion 230-1.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=8710976&dopt=Abstract
- **A song in their hearts--music therapy combines fun, rehabilitation with good results.**
Author(s): Champlin L.
Source: Today's Nurs Home. 1981 June; 2(6): 27-8. No Abstract Available.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10251665&dopt=Abstract
- **A survey of clinical practice in music therapy. Part 1: The institutions in which music therapists work and personal data.**
Author(s): Braswell C, Maranto CD, Decuir A.
Source: J Music Ther. 1979 Spring; 16(1): 2-16.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10241422&dopt=Abstract
- **A survey of clinical training in music therapy: degree of compliance with NAMT guidelines.**
Author(s): Braswell C, Decuir A, Brooks DM.
Source: J Music Ther. 1985 Summer; 22(2): 73-86.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10271938&dopt=Abstract
- **Active music therapy and Parkinson's disease: methods.**
Author(s): Pacchetti C, Aglieri R, Mancini F, Martignoni E, Nappi G.
Source: Funct Neurol. 1998 January-March; 13(1): 57-67.
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Author(s): Pacchetti C, Mancini F, Aglieri R, Fundaro C, Martignoni E, Nappi G.
Source: Psychosomatic Medicine. 2000 May-June; 62(3): 386-93.
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- **An introduction to music therapy: helping the oncology patient in the ICU.**
Author(s): Johnston K, Rohaly-Davis J.
Source: Critical Care Nursing Quarterly. 1996 February; 18(4): 54-60. Review.
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- **An investigation of the effects of music therapy on a group of profoundly mentally handicapped adults.**
 Author(s): Bolton A, Adams M.
 Source: International Journal of Rehabilitation Research. Internationale Zeitschrift Fur Rehabilitationsforschung. Revue Internationale De Recherches De Readaptation. 1983 December; 6(4): 511-2.
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- **Balancing the focus: art and music therapy for pain control and symptom management in hospice care.**
 Author(s): Trauger-Querry B, Haghighi KR.
 Source: Hosp J. 1999; 14(1): 25-38. Review.
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 Author(s): Ahmad H, Brophy K, Grant GR, Brandstetter RD.
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- **Benefits of music therapy as an adjunct to chest physiotherapy in infants and toddlers with cystic fibrosis.**
 Author(s): Cochrane Database Syst Rev. 2000;(3):CD001121
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 Author(s): Hawkes WG.
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- **Breast cancer, tamoxifen, and music therapy.**
 Author(s): Goodare H.
 Source: Advances in Mind-Body Medicine. 1999 Spring; 15(2): 154-5.
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Author(s): Green KS.
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 Source: Nurs Mirror. 1982 April 28; 154(17): Viii-Ix. No Abstract Available.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=6919078&dopt=Abstract
- **Psycho-social prescription for music therapy in hospitals.**
 Author(s): Shatin L, Kotter W, Longmore G.
 Source: Dis Nerv Syst. 1967 April; 28(4): 231-3. No Abstract Available.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=6024060&dopt=Abstract

- **Rehabilitative effect of music therapy for residual schizophrenia. A one-month randomised controlled trial in Shanghai.**
Author(s): Tang W, Yao X, Zheng Z.
Source: The British Journal of Psychiatry. Supplement. 1994 August; (24): 38-44.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=7946230&dopt=Abstract
- **Relationship between music therapy students' contact with and attitude toward disabled persons.**
Author(s): Asmus EP Jr, Galloway JP.
Source: J Music Ther. 1985 Spring; 22(1): 12-21.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10317606&dopt=Abstract
- **Relaxing to the beat: music therapy in perioperative nursing.**
Author(s): Steelman VM.
Source: Today's Nurse. 1991 July; 13(7): 18-22.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=1853431&dopt=Abstract
- **Report: music therapy study tour to USA, Canada & UK, June 1979.**
Author(s): Bright R.
Source: Lamp. 1979 December; 36(11): 43-52. No Abstract Available.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=92618&dopt=Abstract
- **Selection of music therapy activities by mentally retarded young adults of low, moderate, and high activity.**
Author(s): Humphrey T.
Source: Percept Mot Skills. 1981 December; 53(3): 905-6. No Abstract Available.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=7322787&dopt=Abstract
- **Song repertoire across the generations: a comparison of music therapy majors' and senior citizens' recognitions.**
Author(s): Prickett CA, Bridges MS.
Source: J Music Ther. 2000 Fall; 37(3): 196-204.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10990597&dopt=Abstract
- **Soul music. Enhancing end-of-life care with music therapy.**
Author(s): Read JO.
Source: Minn Med. 2000 May; 83(5): 22-5. No Abstract Available.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10832311&dopt=Abstract

- **Test instruments used by Journal of Music Therapy authors from 1984-1997.**
 Author(s): Gregory D.
 Source: J Music Ther. 2000 Summer; 37(2): 79-94. Review.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10932123&dopt=Abstract
- **The effect of reminiscence music therapy sessions on changes in depressive symptoms in elderly persons with dementia.**
 Author(s): Ashida S.
 Source: J Music Ther. 2000 Fall; 37(3): 170-82.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10990595&dopt=Abstract
- **The effect of therapeutic music interventions on the behavior of hospitalized children in isolation: developing a contextual support model of music therapy.**
 Author(s): Robb SL.
 Source: J Music Ther. 2000 Summer; 37(2): 118-46.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10932125&dopt=Abstract
- **The effects of music therapy and guided visual imagery on chemotherapy induced nausea and vomiting.**
 Author(s): Frank JM.
 Source: Oncology Nursing Forum. 1985 September-October; 12(5): 47-52.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=3898031&dopt=Abstract
- **The effects of music therapy on a group of institutionalised mentally retarded boys.**
 Author(s): Thomas E, Egnal NS, van Eeden F, Bond A.
 Source: South African Medical Journal. Suid-Afrikaanse Tydskrif Vir Geneeskunde. 1974 August 17; 48(40): 1723-8.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=4854803&dopt=Abstract
- **The effects of music therapy on a group of profoundly mentally handicapped adults.**
 Author(s): Oldfield A, Adams M.
 Source: J Ment Defic Res. 1990 April; 34 (Pt 2): 107-25.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=2342091&dopt=Abstract
- **The healing power of music therapy.**
 Author(s): Nordeck MA.
 Source: Contemp Adm Long Term Care. 1981 November; 4(11): 26, 28-9. No Abstract Available.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10295133&dopt=Abstract

- **The history of the undergraduate curriculum in music therapy.**
Author(s): de L'Etoile S.
Source: J Music Ther. 2000 Spring; 37(1): 51-71.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10806473&dopt=Abstract
- **The impact of music therapy on language functioning in dementia.**
Author(s): Brotons M, Koger SM.
Source: J Music Ther. 2000 Fall; 37(3): 183-95.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10990596&dopt=Abstract
- **The music therapy assessment tool in Alzheimer's patients.**
Author(s): Glynn NJ.
Source: Journal of Gerontological Nursing. 1992 January; 18(1): 3-9.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=1740613&dopt=Abstract
- **The music therapy of an anorectic mentally handicapped adult.**
Author(s): Heal M, O'Hara J.
Source: The British Journal of Medical Psychology. 1993 March; 66 (Pt 1): 33-41.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=8485076&dopt=Abstract
- **The role of music therapy in the care of the newborn.**
Author(s): Hicks F.
Source: Nurs Times. 1995 September 20-26; 91(38): 31-3.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=7567535&dopt=Abstract
- **The use of music therapy with burn patients.**
Author(s): Christenberry EB.
Source: J Music Ther. 1979 Fall; 16(3): 138-48. No Abstract Available.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10243588&dopt=Abstract
- **The value of music therapy in the training and education of mental retardates.**
Author(s): Thomas E.
Source: Sa Nurs J. 1978 January; 45(1): 6-7. No Abstract Available.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=245759&dopt=Abstract
- **Using microcomputer technology in music therapy for analyzing therapist and client behavior.**
Author(s): Hasselbring TS, Duffus NA.
Source: J Music Ther. 1981 Winter; 18(4): 156-65.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10254570&dopt=Abstract

- **Using music therapy as distraction during lumbar punctures.**
 Author(s): Hanser SB.
 Source: Journal of Pediatric Oncology Nursing : Official Journal of the Association of Pediatric Oncology Nurses. 1993 January; 10(1): 2.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=8489596&dopt=Abstract

- **Using music therapy as distraction during lumbar punctures.**
 Author(s): Rasco C.
 Source: Journal of Pediatric Oncology Nursing : Official Journal of the Association of Pediatric Oncology Nurses. 1992 January; 9(1): 33-4.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=1596387&dopt=Abstract

- **Using music therapy with short-term alcoholic and psychiatric patients.**
 Author(s): Smith SM.
 Source: Hosp Community Psychiatry. 1975 July; 26(7): 420-1. No Abstract Available.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=1150168&dopt=Abstract

- **Where am I? Music therapy applied to coma patients.**
 Author(s): Aldridge D, Gustorff D, Hannich HJ.
 Source: Journal of the Royal Society of Medicine. 1990 June; 83(6): 345-6.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=2380961&dopt=Abstract

CHAPTER 2. NUTRITION AND MUSIC THERAPY

Overview

In this chapter, we will show you how to find studies dedicated specifically to nutrition and music therapy.

Finding Nutrition Studies on Music Therapy

The National Institutes of Health's Office of Dietary Supplements (ODS) offers a searchable bibliographic database called the IBIDS (International Bibliographic Information on Dietary Supplements; National Institutes of Health, Building 31, Room 1B29, 31 Center Drive, MSC 2086, Bethesda, Maryland 20892-2086, Tel: 301-435-2920, Fax: 301-480-1845, E-mail: ods@nih.gov). The IBIDS contains over 460,000 scientific citations and summaries about dietary supplements and nutrition as well as references to published international, scientific literature on dietary supplements such as vitamins, minerals, and botanicals.⁴ The IBIDS includes references and citations to both human and animal research studies.

As a service of the ODS, access to the IBIDS database is available free of charge at the following Web address: <http://ods.od.nih.gov/databases/ibids.html>. After entering the search area, you have three choices: (1) IBIDS Consumer Database, (2) Full IBIDS Database, or (3) Peer Reviewed Citations Only.

Now that you have selected a database, click on the "Advanced" tab. An advanced search allows you to retrieve up to 100 fully explained references in a comprehensive format. Type "music therapy" (or synonyms) into the search box, and click "Go." To narrow the search, you can also select the "Title" field.

⁴ Adapted from <http://ods.od.nih.gov>. IBIDS is produced by the Office of Dietary Supplements (ODS) at the National Institutes of Health to assist the public, healthcare providers, educators, and researchers in locating credible, scientific information on dietary supplements. IBIDS was developed and will be maintained through an interagency partnership with the Food and Nutrition Information Center of the National Agricultural Library, U.S. Department of Agriculture.

The following information is typical of that found when using the “Full IBIDS Database” to search for “music therapy” (or a synonym):

- **Music therapy for people with life-limiting illness.**
Author(s): Marie Curie Centre, Ilkley, West Yorkshire.
Source: Foxglove, T Nurs-Times. 1999 May 5-11; 95(18): 52-4 0954-7762
- **Music therapy in hospice care.**
Author(s): Jacob Perlow Hospice/Beth Israel Medical Center, New York, New York, USA.
Source: Starr, R J Am-J-Hosp-Palliat-Care. 1999 Nov-December; 16(6): 739-42 1049-9091

Federal Resources on Nutrition

In addition to the IBIDS, the United States Department of Health and Human Services (HHS) and the United States Department of Agriculture (USDA) provide many sources of information on general nutrition and health. Recommended resources include:

- healthfinder®, HHS’s gateway to health information, including diet and nutrition: <http://www.healthfinder.gov/scripts/SearchContext.asp?topic=238&page=0>
- The United States Department of Agriculture’s Web site dedicated to nutrition information: www.nutrition.gov
- The Food and Drug Administration’s Web site for federal food safety information: www.foodsafety.gov
- The National Action Plan on Overweight and Obesity sponsored by the United States Surgeon General: <http://www.surgeongeneral.gov/topics/obesity/>
- The Center for Food Safety and Applied Nutrition has an Internet site sponsored by the Food and Drug Administration and the Department of Health and Human Services: <http://vm.cfsan.fda.gov/>
- Center for Nutrition Policy and Promotion sponsored by the United States Department of Agriculture: <http://www.usda.gov/cnpp/>
- Food and Nutrition Information Center, National Agricultural Library sponsored by the United States Department of Agriculture: <http://www.nal.usda.gov/fnic/>
- Food and Nutrition Service sponsored by the United States Department of Agriculture: <http://www.fns.usda.gov/fns/>

Additional Web Resources

A number of additional Web sites offer encyclopedic information covering food and nutrition. The following is a representative sample:

- AOL: <http://search.aol.com/cat.adp?id=174&layer=&from=subcats>
- Family Village: http://www.familyvillage.wisc.edu/med_nutrition.html
- Google: <http://directory.google.com/Top/Health/Nutrition/>
- Healthnotes: <http://www.healthnotes.com/>

- Open Directory Project: [**http://dmoz.org/Health/Nutrition/**](http://dmoz.org/Health/Nutrition/)
- Yahoo.com: [**http://dir.yahoo.com/Health/Nutrition/**](http://dir.yahoo.com/Health/Nutrition/)
- WebMD® Health: [**http://my.webmd.com/nutrition**](http://my.webmd.com/nutrition)
- WholeHealthMD.com: [**http://www.wholehealthmd.com/reflib/0,1529,00.html**](http://www.wholehealthmd.com/reflib/0,1529,00.html)

CHAPTER 3. ALTERNATIVE MEDICINE AND MUSIC THERAPY

Overview

In this chapter, we will begin by introducing you to official information sources on complementary and alternative medicine (CAM) relating to music therapy. At the conclusion of this chapter, we will provide additional sources.

The Combined Health Information Database

The Combined Health Information Database (CHID) is a bibliographic database produced by health-related agencies of the U.S. federal government (mostly from the National Institutes of Health) that can offer concise information for a targeted search. The CHID database is updated four times a year at the end of January, April, July, and October. Check the titles, summaries, and availability of CAM-related information by using the “Simple Search” option at the following Web site: <http://chid.nih.gov/simple/simple.html>. In the drop box at the top, select “Complementary and Alternative Medicine.” Then type “music therapy” (or synonyms) in the second search box. We recommend that you select 100 “documents per page” and to check the “whole records” options. The following was extracted using this technique:

- **Music of Healing**

Source: Washington, DC: National Endowment for the Arts. 1997. 3 p.

Contact: Available from National Endowment for the Arts. 1100 Pennsylvania Avenue NW, Washington, DC 20506. (202) 682-5400; webmgr@arts.endow.gov. PRICE: Free.

Summary: This article from the National Endowment for the Arts discusses **music therapy** as a professional and medical tool. It describes the roles of a music therapist, where **music therapy** is usually practiced, and its potential value to health.

- **Use of Alternative Therapies by Diabetes Educators**

Source: Diabetes Educator. 25(6): 945-946, 948-950, 954, 956. November-December 1999.

Summary: This journal article describes a study of the extent to which diabetes educators use or recommend alternative therapies in their routine care. A second purpose was to determine if any correlations exist between educators' demographic characteristics and use of alternative therapies. A total of 2,850 questionnaires were sent to members of the American Association of Diabetes Educators in the western half of the United States; 829 questionnaires (34 percent) were returned. Sixty-three percent of the respondents reported using or recommending alternative therapies. Physical activity and lifestyle diets were among the most frequently used or recommended therapies; other commonly used or recommended therapies include self-help groups, laughter and humor, relaxation therapy, prayer, imagery or visualization, meditation, massage, and **music therapy**. Gender, age, ethnicity, professional specialty, and years in diabetes education were significantly correlated with the use of certain alternative therapies. The article has 3 tables and 20 references.

- **Alternative Medicine Update**

Source: *Alternative Health Practitioner*. 3(3): 157-160. Fall/Winter 1997.

Summary: This journal article reports the results of 12 studies funded by the Office of Alternative Medicine in 1993 and 1994. The studies were classified as either mind/body interventions or as pharmacological or biological treatments. The 10 mind/body intervention studies include the following therapies: biofeedback, dance movement therapy, guided imagery, hypnotic imagery, **music therapy**, prayer, and yoga. Conditions studied include pain, diabetes mellitus, cystic fibrosis, asthma, immunity, cancer, AIDS, brain injury, and drug abuse. The two pharmacological and biological studies were 'Enzyme Therapy and Experimental Memory Metastasis' and 'Pharmacological Treatment of Cancer by Antioxidants'.

National Center for Complementary and Alternative Medicine

The National Center for Complementary and Alternative Medicine (NCCAM) of the National Institutes of Health (<http://nccam.nih.gov/>) has created a link to the National Library of Medicine's databases to facilitate research for articles that specifically relate to music therapy and complementary medicine. To search the database, go to the following Web site: <http://www.nlm.nih.gov/nccam/camonpubmed.html>. Select "CAM on PubMed." Enter "music therapy" (or synonyms) into the search box. Click "Go." The following references provide information on particular aspects of complementary and alternative medicine that are related to music therapy:

- **A descriptive analysis of internet information regarding music therapy.**

Author(s): Johnson CM, Geringer JM, Stewart EE.

Source: *J Music Ther.* 2003 Fall; 40(3): 178-88.

http://www.ncbi.nlm.nih.gov/80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=14567715&dopt=Abstract

- **A history of music therapy journal articles published in the English language.**

Author(s): Brooks D.

Source: *J Music Ther.* 2003 Summer; 40(2): 151-68.

http://www.ncbi.nlm.nih.gov/80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=14505441&dopt=Abstract

- **A meta-analysis of the efficacy of music therapy for premature infants.**
 Author(s): Standley JM.
 Source: Journal of Pediatric Nursing. 2002 April; 17(2): 107-13.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=12029604&dopt=Abstract
- **A method of analyzing improvisations in music therapy.**
 Author(s): Lee C.
 Source: J Music Ther. 2000 Summer; 37(2): 147-67. No Abstract Available.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10979757&dopt=Abstract
- **A pilot study into the therapeutic effects of music therapy at a cancer help center.**
 Author(s): Burns SJ, Harbuz MS, Hucklebridge F, Bunt L.
 Source: Alternative Therapies in Health and Medicine. 2001 January; 7(1): 48-56.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11191042&dopt=Abstract
- **Active music therapy and Parkinson's disease: methods.**
 Author(s): Pacchetti C, Aglieri R, Mancini F, Martignoni E, Nappi G.
 Source: Funct Neurol. 1998 January-March; 13(1): 57-67.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=9584875&dopt=Abstract
- **Active music therapy in Parkinson's disease: an integrative method for motor and emotional rehabilitation.**
 Author(s): Pacchetti C, Mancini F, Aglieri R, Fundaro C, Martignoni E, Nappi G.
 Source: Psychosomatic Medicine. 2000 May-June; 62(3): 386-93.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10845352&dopt=Abstract
- **Active music therapy in the rehabilitation of severe brain injured patients during coma recovery.**
 Author(s): Formisano R, Vinicola V, Penta F, Matteis M, Brunelli S, Weckel JW.
 Source: Ann Ist Super Sanita. 2001; 37(4): 627-30.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=12046234&dopt=Abstract
- **An analysis of music therapy student practicum behaviors and their relationship to clinical effectiveness: an exploratory investigation.**
 Author(s): Darrow AA, Johnson CM, Ghetti CM, Achey CA; Cleveland Music School Settlement.
 Source: J Music Ther. 2001 Winter; 38(4): 307-20.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11796080&dopt=Abstract
- **An ecology of love: aspects of music therapy in the pediatric oncology environment.**
 Author(s): Aasgaard T.

Source: Journal of Palliative Care. 2001 Autumn; 17(3): 177-81.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11816759&dopt=Abstract

- **An introduction to music therapy: helping the oncology patient in the ICU.**
Author(s): Johnston K, Rohaly-Davis J.
Source: Critical Care Nursing Quarterly. 1996 February; 18(4): 54-60. Review.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=8689453&dopt=Abstract
- **Application of receptive music therapy in internal medicine and cardiology.**
Author(s): Marconato C, Munhoz EC, Menim MM, Albach MT.
Source: Arquivos Brasileiros De Cardiologia. 2001 August; 77(2): 138-41. English, Portuguese.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11514825&dopt=Abstract
- **Balancing the focus: art and music therapy for pain control and symptom management in hospice care.**
Author(s): Trauger-Querry B, Haghighi KR.
Source: Hosp J. 1999; 14(1): 25-38. Review.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10418405&dopt=Abstract
- **Benefit of music therapy for our intensive care unit (ICU) patients.**
Author(s): Ahmad H, Brophy K, Grant GR, Brandstetter RD.
Source: Heart & Lung : the Journal of Critical Care. 1999 January-February; 28(1): 79-80.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=9915935&dopt=Abstract
- **Benefits of music therapy as an adjunct to chest physiotherapy in infants and toddlers with cystic fibrosis.**
Author(s): Grasso MC, Button BM, Allison DJ, Sawyer SM.
Source: Pediatric Pulmonology. 2000 May; 29(5): 371-81.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10790249&dopt=Abstract
- **Bibliography for music therapy in palliative care, 1963-1997.**
Author(s): Rykov M, Salmon D.
Source: Am J Hosp Palliat Care. 1998 May-June; 15(3): 174-80. No Abstract Available.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=9729964&dopt=Abstract
- **Bibliography: music therapy.**
Author(s): Hawkes WG.
Source: J N Y State Nurses Assoc. 1998 March; 29(1): 16. No Abstract Available.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=9923246&dopt=Abstract

- **Breast cancer, tamoxifen, and music therapy.**
 Author(s): Goodare H.
 Source: Advances in Mind-Body Medicine. 1999 Spring; 15(2): 154-5.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10367501&dopt=Abstract
- **Bringing music to life: a study of music therapy and palliative care experiences in a cancer hospital.**
 Author(s): O'Callaghan C.
 Source: Journal of Palliative Care. 2001 Autumn; 17(3): 155-60.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11816755&dopt=Abstract
- **Can music therapy reduce anxiety in theatre?**
 Author(s): Green KS.
 Source: Br J Theatre Nurs. 1996 February; 5(11): 24-5, 27. No Abstract Available.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=8695937&dopt=Abstract
- **Composite effects of group drumming music therapy on modulation of neuroendocrine-immune parameters in normal subjects.**
 Author(s): Bittman BB, Berk LS, Felten DL, Westengard J, Simonton OC, Pappas J, Ninehouser M.
 Source: Alternative Therapies in Health and Medicine. 2001 January; 7(1): 38-47.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11191041&dopt=Abstract
- **Developing and using a computerized database for music therapy in palliative medicine.**
 Author(s): Gallagher LM, Steele AL.
 Source: Journal of Palliative Care. 2001 Autumn; 17(3): 147-54.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11816754&dopt=Abstract
- **Effectiveness of a music therapy intervention on relaxation and anxiety for patients receiving ventilatory assistance.**
 Author(s): Chlan L.
 Source: Heart & Lung : the Journal of Critical Care. 1998 May-June; 27(3): 169-76.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=9622403&dopt=Abstract
- **Effects of a music therapy voice protocol on speech intelligibility, vocal acoustic measures, and mood of individuals with Parkinson's disease.**
 Author(s): Haneishi E.
 Source: J Music Ther. 2001 Winter; 38(4): 273-90.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11796078&dopt=Abstract
- **Effects of a single music therapy intervention on anxiety, discomfort, satisfaction, and compliance with screening guidelines in outpatients undergoing flexible**

sigmoidoscopy.

Author(s): Chlan L, Evans D, Greenleaf M, Walker J.

Source: Gastroenterology Nursing : the Official Journal of the Society of Gastroenterology Nurses and Associates. 2000 July-August; 23(4): 148-56.

http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11310081&dopt=Abstract

- **Effects of Active Versus Passive Group Music Therapy on Preadolescents with Emotional, Learning, and Behavioral Disorders.**

Author(s): Montello L, Coons EE.

Source: J Music Ther. 1999; 35(1): 49-67.

http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10519828&dopt=Abstract

- **Effects of music therapy on anxiety in ventilator-dependent patients.**

Author(s): Wong HL, Lopez-Nahas V, Molassiotis A.

Source: Heart & Lung : the Journal of Critical Care. 2001 September-October; 30(5): 376-87.

http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11604980&dopt=Abstract

- **Effects of music therapy on oxygen saturation in premature infants receiving endotracheal suctioning.**

Author(s): Chou LL, Wang RH, Chen SJ, Pai L.

Source: The Journal of Nursing Research : Jnr. 2003 September; 11(3): 209-16.

http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=14579198&dopt=Abstract

- **Effects of patient-controlled music therapy during coronary angiography on procedural pain and anxiety distress syndrome.**

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 Source: Journal of Palliative Care. 2001 Autumn; 17(3): 161-6.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11816756&dopt=Abstract
- **The use of music therapy to address the suffering in advanced cancer pain.**
 Author(s): Magill L.
 Source: Journal of Palliative Care. 2001 Autumn; 17(3): 167-72.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11816757&dopt=Abstract
- **Use of music therapy and other ITNIs in acute care.**
 Author(s): Gagner-Tjellesen D, Yurkovich EE, Gragert M.
 Source: Journal of Psychosocial Nursing and Mental Health Services. 2001 October; 39(10): 26-37.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11697072&dopt=Abstract
- **Using massage and music therapy to improve postoperative outcomes.**
 Author(s): McRee LD, Noble S, Pasvogel A.
 Source: Aorn Journal. 2003 September; 78(3): 433-42, 445-7.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=14507122&dopt=Abstract
- **Using music therapy to help a client with Alzheimer's disease adapt to long-term care.**
 Author(s): Kydd P.
 Source: Am J Alzheimers Dis Other Dement. 2001 March-April; 16(2): 103-8.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11302070&dopt=Abstract

Additional Web Resources

A number of additional Web sites offer encyclopedic information covering CAM and related topics. The following is a representative sample:

- Alternative Medicine Foundation, Inc.: <http://www.herbmed.org/>
- AOL: <http://search.aol.com/cat.adp?id=169&layer=&from=subcats>
- Chinese Medicine: <http://www.newcenturynutrition.com/>
- drkoop.com®: <http://www.drkoop.com/InteractiveMedicine/IndexC.html>
- Family Village: http://www.familyvillage.wisc.edu/med_altn.htm
- Google: <http://directory.google.com/Top/Health/Alternative/>
- Healthnotes: <http://www.healthnotes.com/>
- MedWebPlus:
http://medwebplus.com/subject/Alternative_and_Complementary_Medicine
- Open Directory Project: <http://dmoz.org/Health/Alternative/>
- HealthGate: <http://www.tnp.com/>
- WebMD®Health: http://my.webmd.com/drugs_and_herbs
- WholeHealthMD.com: <http://www.wholehealthmd.com/reflib/0,1529,00.html>
- Yahoo.com: http://dir.yahoo.com/Health/Alternative_Medicine/

The following is a specific Web list relating to music therapy; please note that any particular subject below may indicate either a therapeutic use, or a contraindication (potential danger), and does not reflect an official recommendation:

- **General Overview**

- **Alzheimer's Disease**

- Source: Integrative Medicine Communications; www.drkoop.com

- **Hypochondriasis**

- Source: Integrative Medicine Communications; www.drkoop.com

- **Alternative Therapy**

- **Gandharv Veda**

- Alternative names: Gandharva therapy Gandharva-Veda music therapy Maharishi Gandharva-Veda

- Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.

- Hyperlink: <http://www.canoe.ca/AltmedDictionary/g.html>

- **Healthology**

- Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.

Hyperlink: <http://www.canoe.ca/AltmedDictionary/h.html>

Music Therapy

Source: WholeHealthMD.com, LLC.; www.wholehealthmd.com

Hyperlink:

http://www.wholehealthmd.com/refshelf/substances_view/0,1525,719,00.html

Shadow Sound Therapy

Alternative names: SST shadow therapy

Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by
Priorities for Health editor Jack Raso, M.S., R.D.

Hyperlink: <http://www.canoe.ca/AltmedDictionary/s.html>

General References

A good place to find general background information on CAM is the National Library of Medicine. It has prepared within the MEDLINEplus system an information topic page dedicated to complementary and alternative medicine. To access this page, go to the MEDLINEplus site at <http://www.nlm.nih.gov/medlineplus/alternativemedicine.html>. This Web site provides a general overview of various topics and can lead to a number of general sources.

CHAPTER 4. DISSERTATIONS ON MUSIC THERAPY

Overview

In this chapter, we will give you a bibliography on recent dissertations relating to music therapy. We will also provide you with information on how to use the Internet to stay current on dissertations. **IMPORTANT NOTE:** When following the search strategy described below, you may discover non-medical dissertations that use the generic term “music therapy” (or a synonym) in their titles. To accurately reflect the results that you might find while conducting research on music therapy, we have not necessarily excluded non-medical dissertations in this bibliography.

Dissertations on Music Therapy

ProQuest Digital Dissertations, the largest archive of academic dissertations available, is located at the following Web address: <http://wwwlib.umi.com/dissertations>. From this archive, we have compiled the following list covering dissertations devoted to music therapy. You will see that the information provided includes the dissertation’s title, its author, and the institution with which the author is associated. The following covers recent dissertations found when using this search procedure:

- **A Bio-psycho-social Model of Music Therapy-assisted Childbirth: an Integrative Approach to Working with Families** by DiCamillo, Mary Patricia; EDD from Pepperdine University, 1999, 179 pages
<http://wwwlib.umi.com/dissertations/fullcit/9955926>
- **A Case Study Illustrating the Interface of Music Therapy and Analytical Psychology (Jung Theory)** by Celi, Salvatore, PhD from The Union for Experimenting Colleges and Universities, 1988, 187 pages
<http://wwwlib.umi.com/dissertations/fullcit/8912236>
- **A Comparison of Selected Factors with Music Therapy Students Performance on Clinical Skills** by Kahler, Edward Peter, II, PhD from University of Kansas, 1998, 123 pages
<http://wwwlib.umi.com/dissertations/fullcit/9833838>

- **A Developmental Music Therapy Curriculum for the Mildly Mentally Retarded, Ages Six Through Twelve.** by Grant, Roy Edward, EDD from University of Georgia, 1977, 201 pages
<http://wwwlib.umi.com/dissertations/fullcit/7729760>
- **A Hermeneutic Panel Study of Music Therapy Assessment with an Emotionally Disturbed Boy** by Loewy, Joanne Victoria, DA from New York University, 1994, 234 pages
<http://wwwlib.umi.com/dissertations/fullcit/9502432>
- **A Historical Study of the National Association for Music Therapy, 1960-1980** by Solomon, Alan L., PhD from University of Kansas, 1985, 578 pages
<http://wwwlib.umi.com/dissertations/fullcit/8529157>
- **A Phenomenological Study of a Music Therapy Peer Support Group for Senior Music Therapy Students** by Milgram-Luterman, Joni; PhD from Michigan State University, 2000, 207 pages
<http://wwwlib.umi.com/dissertations/fullcit/3009149>
- **A Phenomenology of Music Therapy with the Terminally Ill** by Forinash, Michele, DA from New York University, 1990, 129 pages
<http://wwwlib.umi.com/dissertations/fullcit/9102617>
- **A Qualitative Study of Children in Crisis: Interventions Through Music Therapy and Digital Music Technology** by Nagler, Joseph Charles, DA from New York University, 1993, 243 pages
<http://wwwlib.umi.com/dissertations/fullcit/9333953>
- **A Study of the Use of Music Therapy Techniques in a Group for the Treatment of Adolescent Depression** by Hendricks, C. Bret; EDD from Texas Tech University, 2001, 156 pages
<http://wwwlib.umi.com/dissertations/fullcit/3005267>
- **An Analysis of Selected Nineteenth Century Music Therapy Literature** by Davis, William B., PhD from University of Kansas, 1985, 278 pages
<http://wwwlib.umi.com/dissertations/fullcit/8529080>
- **An Evaluation of the National Association for Music Therapy Curriculum from the Perspectives of Therapists and Educators of Therapists in View of Academic, Clinical, and Regulatory Criteria** by Reuer, Barbara Louise, PhD from The University of Iowa, 1987, 232 pages
<http://wwwlib.umi.com/dissertations/fullcit/8729505>
- **An Examination of a Music Therapy Program Designed to Improve Adaptive Behaviors among Adults with Profound Developmental Disabilities** by Amaya, Ines; MA from California State University, Long Beach, 2002, 177 pages
<http://wwwlib.umi.com/dissertations/fullcit/1413239>
- **An Instructional Sequence in Experimental Design and Statistics for Graduate Music Therapy Students** by Decuir, Anthony Arthur, PhD from The Louisiana State University and Agricultural and Mechanical Col., 1981, 266 pages
<http://wwwlib.umi.com/dissertations/fullcit/8207816>
- **An Investigation of the Effect of Music Therapy on the Verbalization Behavior of Pediatric Patients** by Froehlich, Mary Ann Richards, DMA from University of Southern California, 1982
<http://wwwlib.umi.com/dissertations/fullcit/f109590>

- **Analyses of Responses of Mentally Retarded Autistic and Mentally Retarded Non-autistic Children to Art Therapy and Music Therapy** by Hairston, Michelle Joy Parker, EDD from University of Georgia, 1984, 205 pages
<http://wwwlib.umi.com/dissertations/fullcit/8421116>
- **Collaborative Learning in Music Therapy Education As Experienced in a Course in the Foundations and Principles of Music Therapy** by Luce, David Willis; PhD from Michigan State University, 2001, 390 pages
<http://wwwlib.umi.com/dissertations/fullcit/3021810>
- **E. Thayer Gaston: Contributions to Music Therapy and Music Education.** by Johnson, Robert Erdman, PhD from The University of Michigan, 1973, 233 pages
<http://wwwlib.umi.com/dissertations/fullcit/7415768>
- **Effectiveness of Music Therapy Intervention with Individuals Having Senile Dementia of the Alzheimer's Type (Alzheimer's Disease)** by Groene, Robert William, II, PhD from University of Minnesota, 1992, 205 pages
<http://wwwlib.umi.com/dissertations/fullcit/9306504>
- **Ethics in Music Therapy: a Programmed Text** by Maranto, Cheryl Dileo, PhD from The Louisiana State University and Agricultural and Mechanical Col., 1981, 378 pages
<http://wwwlib.umi.com/dissertations/fullcit/8117637>
- **Exploring Relationships between Life and Work in Music Therapy: the Stories of Mary Priestley and Clive Robbins** by Hadley, Susan Joan, PhD from Temple University, 1998, 364 pages
<http://wwwlib.umi.com/dissertations/fullcit/9911013>
- **Group Improvisational Music Therapy: Its Relation to Emotional Empathy and Creative Perception in Senior Music Therapy Students** by Akamatsu, Karin; MMUS from Michigan State University, 2002, 91 pages
<http://wwwlib.umi.com/dissertations/fullcit/1410659>
- **Microcomputer Applications in Music Therapy** by Krout, Robert Ellis, EDD from Columbia University Teachers College, 1988, 202 pages
<http://wwwlib.umi.com/dissertations/fullcit/8816002>
- **Music Therapy As an Aid for Increasing Auditory Discrimination and Improving Reading Skills.** by Roskam, Kay Lee Sherwood, PhD from University of Kansas, 1977, 156 pages
<http://wwwlib.umi.com/dissertations/fullcit/7809411>
- **Music Therapy Assessment for Children with Developmental Disabilities: a Survey Study** by Cole, Kristen Mei; MMUS from Michigan State University, 2002, 107 pages
<http://wwwlib.umi.com/dissertations/fullcit/1409500>
- **Music Therapy Clinical Supervision: the Effect of Planning and Evaluating Supervision Sessions on Satisfaction with Supervisor Skills** by Memory, Barbara Cobb, PhD from Michigan State University, 1984, 242 pages
<http://wwwlib.umi.com/dissertations/fullcit/8503247>
- **Music Therapy: Enhancing Communication between Family Caregivers and Their Loved Ones with Dementia** by Gardner, Carol Irene, DA from New York University, 1999, 126 pages
<http://wwwlib.umi.com/dissertations/fullcit/9935635>

- **Music Therapy: the State of the Art** by Turnburke, David Vernon, PhD from University of Maryland College Park, 1981, 239 pages
<http://wwwlib.umi.com/dissertations/fullcit/8202882>
- **Professional Music Therapist Opinion Concerning Competencies for Entry Level Music Therapy Practitioners** by Taylor, Dale Barton, PhD from University of Kansas, 1984, 436 pages
<http://wwwlib.umi.com/dissertations/fullcit/8424343>
- **Singing Subversion, Singing Soul: Women's Voices in Feminist Music Therapy** by Curtis, Sandra Lynn; PhD from Concordia University (Canada), 1997, 423 pages
<http://wwwlib.umi.com/dissertations/fullcit/NQ44871>
- **Student Evaluations of Practicum Training in Music Therapy** by McClain, Frances Jones, PhD from Temple University, 1993, 129 pages
<http://wwwlib.umi.com/dissertations/fullcit/9332828>
- **The Development of a Method for Teaching Fundamentals of Guitar to College Students in Music Education and Music Therapy Curricula** by Caluda, Glenn Joseph, PhD from The Louisiana State University and Agricultural and Mechanical Col., 1985, 174 pages
<http://wwwlib.umi.com/dissertations/fullcit/8610630>
- **The Effect of a Home-based Music Therapy Program with Multi-risk Mothers** by Shiraishi, Iris Misae, PhD from University of Minnesota, 1994, 194 pages
<http://wwwlib.umi.com/dissertations/fullcit/9428941>
- **The Effect of Group Music Therapy on Coping, Psychosocial Adjustment, and Quality of Life for Women with Breast Cancer** by Furioso, Margaret Mary; MMUS from Michigan State University, 2002, 78 pages
<http://wwwlib.umi.com/dissertations/fullcit/1409510>
- **The Effect of Self-monitoring on Positive Comments Given by Music Therapy Students Coaching Peers** by Prickett, Carol A., PhD from The Florida State University, 1983, 148 pages
<http://wwwlib.umi.com/dissertations/fullcit/8325683>
- **The Effects of Music Therapy Interventions on Naming and Verbal Fluency in Persons with Probable Alzheimer's Disease** by York, Elizabeth Fair, PhD from University of Miami, 1995, 129 pages
<http://wwwlib.umi.com/dissertations/fullcit/9600365>
- **The Effects of Music Therapy on Quality of Life and Length of Life of Hospice Patients Diagnosed with Terminal Cancer** by Hilliard, Russell Everett; PhD from The Florida State University, 2002, 273 pages
<http://wwwlib.umi.com/dissertations/fullcit/3055756>
- **The Effects of Music Therapy on the Attention Span of Hyperactive Mental Retardates.** by Carrington, Fredrick Murray, PhD from University of Georgia, 1973, 95 pages
<http://wwwlib.umi.com/dissertations/fullcit/7331867>
- **The Ethnomusicology of Music Therapy** by Rohrbacher, Michael John, PhD from University of Maryland Baltimore County, 1993, 271 pages
<http://wwwlib.umi.com/dissertations/fullcit/9324170>

- **The Experience of Music Therapists in an Improvisational Music Therapy Group** by Arnason, Carolyn Leslie Rae, DA from New York University, 1998, 208 pages
<http://wwwlib.umi.com/dissertations/fullcit/9908264>
- **The Field of Play: a Theoretical Study of Music Therapy Process** by Kenny, Carolyn Berezna, PhD from The Fielding Institute, 1987, 238 pages
<http://wwwlib.umi.com/dissertations/fullcit/8802367>
- **The Influence of Selected Music and Structured Vs. Unstructured Inductions on Mental Imagery (music Therapy, Guided Imagery and Music)** by Band, Jennie Purvis, PhD from University of South Carolina, 1996, 122 pages
<http://wwwlib.umi.com/dissertations/fullcit/9623046>
- **The Restoration of Communal Experiences during the Group Music Therapy Process with Non-fluent Aphasic Patients** by Ramsey, David W.; DA from New York University, 2002, 163 pages
<http://wwwlib.umi.com/dissertations/fullcit/3060305>
- **The Roles of Pet and Music Therapy in Providing Sensory Stimulation to Institutionalized Elderly Persons** by Hamilton, Gail P., DSW from University of Pennsylvania, 1985, 250 pages
<http://wwwlib.umi.com/dissertations/fullcit/8513627>
- **The Roots of Music Therapy: towards an Indigenous Research Paradigm. (Volumes I and II)** by Aigen, Kenneth, DA from New York University, 1991, 477 pages
<http://wwwlib.umi.com/dissertations/fullcit/9134717>
- **The Use of Auditory Rhythm and Rhythmic Speech to Aid Temporal and Quantitative Muscular Control in Children with Gross Motor Dysfunction (Music Therapy, Remedial)** by Thaut, Michael Hugo, PhD from Michigan State University, 1983, 162 pages
<http://wwwlib.umi.com/dissertations/fullcit/8407246>
- **Uses of Music Therapy with Alzheimer's Patients and Those with Related Dementias in Mississippi, Louisiana, and Alabama** by McLemore, Monita Prine; PhD from The University of Southern Mississippi, 2000, 168 pages
<http://wwwlib.umi.com/dissertations/fullcit/9976148>
- **Utilizing Music Therapy As a Mode of Treatment for the Performance Stress of Professional Musicians** by Montello, Louise, DA from New York University, 1989, 224 pages
<http://wwwlib.umi.com/dissertations/fullcit/9004310>

Keeping Current

Ask the medical librarian at your library if it has full and unlimited access to the *ProQuest Digital Dissertations* database. From the library, you should be able to do more complete searches via <http://wwwlib.umi.com/dissertations>.

CHAPTER 5. CLINICAL TRIALS AND MUSIC THERAPY

Overview

In this chapter, we will show you how to keep informed of the latest clinical trials concerning music therapy.

Recent Trials on Music Therapy

The following is a list of recent trials dedicated to music therapy.⁵ Further information on a trial is available at the Web site indicated.

- **Music Therapy to Ease Pain and Emotional Distress in Patients With Hematologic Cancer Who Are Undergoing High-Dose Therapy and Stem Cell Transplantation**

Condition(s): adult Hodgkin's lymphoma; adult non-Hodgkin's lymphoma; Anxiety Disorder; childhood acute myeloid leukemia and other myeloid malignancies; chronic idiopathic myelofibrosis; Depression; mycosis fungoides and Sezary syndrome; Pain; recurrent cutaneous T-cell lymphoma; refractory plasma cell neoplasm; stage I multiple myeloma; stage II multiple myeloma; stage III multiple myeloma

Study Status: This study is currently recruiting patients.

Sponsor(s): Memorial Sloan-Kettering Cancer Center; National Cancer Institute (NCI)

Purpose - Excerpt: RATIONALE: Music therapy may be effective in relieving pain and emotional distress in patients who are undergoing cancer therapy. PURPOSE: Randomized trial to determine the effectiveness of music therapy to ease pain and emotional distress in patients with hematologic cancer who are undergoing high-dose therapy and stem cell transplantation.

Study Type: Interventional

Contact(s): see Web site below

Web Site: <http://clinicaltrials.gov/ct/show/NCT00014482>

⁵ These are listed at www.ClinicalTrials.gov.

- **The Effects of Music Therapy-Based Stress Reduction on Bone Marrow Transplant Recipients**

Condition(s): Bone Marrow Transplantation; Stem Cell Transplantation

Study Status: This study is no longer recruiting patients.

Sponsor(s): National Center for Complementary and Alternative Medicine (NCCAM)

Purpose - Excerpt: The purpose of this study is to determine the effects of music therapy-based relaxation stress/reduction strategies on the frequency/severity of toxic side-effects of marrow ablative chemotherapy and the timing of immune reconstitution in patients undergoing bone marrow/stem cell transplantation.

Phase(s): Phase II; MEDLINEplus consumer health information

Study Type: Interventional

Contact(s): see Web site below

Web Site: <http://clinicaltrials.gov/ct/show/NCT00032409>

Keeping Current on Clinical Trials

The U.S. National Institutes of Health, through the National Library of Medicine, has developed ClinicalTrials.gov to provide current information about clinical research across the broadest number of diseases and conditions.

The site was launched in February 2000 and currently contains approximately 5,700 clinical studies in over 59,000 locations worldwide, with most studies being conducted in the United States. ClinicalTrials.gov receives about 2 million hits per month and hosts approximately 5,400 visitors daily. To access this database, simply go to the Web site at <http://www.clinicaltrials.gov/> and search by “music therapy” (or synonyms).

While ClinicalTrials.gov is the most comprehensive listing of NIH-supported clinical trials available, not all trials are in the database. The database is updated regularly, so clinical trials are continually being added. The following is a list of specialty databases affiliated with the National Institutes of Health that offer additional information on trials:

- For clinical studies at the Warren Grant Magnuson Clinical Center located in Bethesda, Maryland, visit their Web site: <http://clinicalstudies.info.nih.gov/>
- For clinical studies conducted at the Bayview Campus in Baltimore, Maryland, visit their Web site: <http://www.jhbm.jhu.edu/studies/index.html>
- For cancer trials, visit the National Cancer Institute: <http://cancertrials.nci.nih.gov/>
- For eye-related trials, visit and search the Web page of the National Eye Institute: <http://www.nei.nih.gov/neitrials/index.htm>
- For heart, lung and blood trials, visit the Web page of the National Heart, Lung and Blood Institute: <http://www.nhlbi.nih.gov/studies/index.htm>
- For trials on aging, visit and search the Web site of the National Institute on Aging: <http://www.grc.nia.nih.gov/studies/index.htm>
- For rare diseases, visit and search the Web site sponsored by the Office of Rare Diseases: http://ord.aspensys.com/asp/resources/rsch_trials.asp

- For alcoholism, visit the National Institute on Alcohol Abuse and Alcoholism: http://www.niaaa.nih.gov/intramural/Web_dicbr_hp/particip.htm
- For trials on infectious, immune, and allergic diseases, visit the site of the National Institute of Allergy and Infectious Diseases: <http://www.niaid.nih.gov/clintrials/>
- For trials on arthritis, musculoskeletal and skin diseases, visit newly revised site of the National Institute of Arthritis and Musculoskeletal and Skin Diseases of the National Institutes of Health: <http://www.niams.nih.gov/hi/studies/index.htm>
- For hearing-related trials, visit the National Institute on Deafness and Other Communication Disorders: <http://www.nidcd.nih.gov/health/clinical/index.htm>
- For trials on diseases of the digestive system and kidneys, and diabetes, visit the National Institute of Diabetes and Digestive and Kidney Diseases: <http://www.niddk.nih.gov/patient/patient.htm>
- For drug abuse trials, visit and search the Web site sponsored by the National Institute on Drug Abuse: <http://www.nida.nih.gov/CTN/Index.htm>
- For trials on mental disorders, visit and search the Web site of the National Institute of Mental Health: <http://www.nimh.nih.gov/studies/index.cfm>
- For trials on neurological disorders and stroke, visit and search the Web site sponsored by the National Institute of Neurological Disorders and Stroke of the NIH: http://www.ninds.nih.gov/funding/funding_opportunities.htm#Clinical_Trials

CHAPTER 6. BOOKS ON MUSIC THERAPY

Overview

This chapter provides bibliographic book references relating to music therapy. In addition to online booksellers such as **www.amazon.com** and **www.bn.com**, excellent sources for book titles on music therapy include the Combined Health Information Database and the National Library of Medicine. Your local medical library also may have these titles available for loan.

Book Summaries: Federal Agencies

The Combined Health Information Database collects various book abstracts from a variety of healthcare institutions and federal agencies. To access these summaries, go directly to the following hyperlink: <http://chid.nih.gov/detail/detail.html>. You will need to use the "Detailed Search" option. To find book summaries, use the drop boxes at the bottom of the search page where "You may refine your search by." Select the dates and language you prefer. For the format option, select "Monograph/Book." Now type "music therapy" (or synonyms) into the "For these words:" box. You should check back periodically with this database which is updated every three months. The following is a typical result when searching for books on music therapy:

- **Between Home and Nursing Home: The Board and Care Alternative**

Source: Buffalo, NY: Prometheus Books. 1991. 216 p.

Contact: Available from Prometheus Books. 700 East Amherst Street, Buffalo, NY 14215. (716) 837-2475. PRICE: \$18.95 (hardcover); \$13.95 (paperback). ISBN: 0879756195 (hardcover); 0879756209 (paperback).

Summary: This book contains exercises and activities that are designed to stimulate the senses of touch, taste, hearing, sight, and smell. Although the book is aimed at the independent elderly who require an intermediate level of care in residential care facilities, it also provides information helpful to persons with Alzheimer's disease and their families. The book includes chapters on residential care facilities, case management, sensory deprivation and its consequences, and a short chapter on memory loss and mental health. Other chapters cover spiritual health, art therapy, **music**

therapy, physical exercise, and miscellaneous activities. Appendixes include information about retirement facilities, state units on aging, songs for **music therapy**, and friendly visitors. Additional resources are listed throughout the book.

- **Alzheimer's: Finding the Words: A Communication Guide for Those Who Care**

Source: New York, NY: John Wiley & Sons, Inc. 1995. 240 p.

Contact: Available from John Wiley & Sons, Inc. One Wiley Drive, Somerset, NJ 08875. (800) 225-5945. (732) 469-4400. FAX: (732) 302-2300. Price: \$10.95 plus shipping and handling. ISBN: 0471346587.

Summary: This book is designed to help caregivers communicate with people who have Alzheimer's disease (AD). The first half of the book focuses on how speech is affected by AD and provides an overview of AD, including early signs, characteristic symptoms, the evaluation process, and the speech changes that occur during the early, moderate, severe, and final stages of the disease. It also describes the types of speech transmission problems that are caused by AD, the types of speech reception problems seen in AD, and other causes of speech deterioration. The second half of the book focuses on caregiver attitudes and behaviors; and discusses common obstacles to caregiving and how to overcome them; common fears, emotions, and behaviors that affect communication with a person who has AD; and factors affecting communication issues such as divergent speech, reality monitoring, boredom, agitation, emotional self-defense, the use of scripts, and **music therapy**. The book includes a list of communication tips, a short-term memory questionnaire, a glossary, and a bibliography.

- **Therapeutic Uses of Music With Older Adults**

Source: Baltimore, MD: Health Professions Press. 1996. 314 p.

Contact: Available from Health Profession Press. PO Box 10624, Baltimore, MD 21285-0624. (410) 337-9585; FAX (410) 337-8539. PRICE: \$29.95. ISBN: 1878812327.

Summary: This book is intended for caregivers, music therapists, and other professionals who want to use **music therapy** with older people, including those with dementia. It includes general information about the guiding principles of **music therapy**, the goals and design of a **music therapy** program, and considerations in the selection of appropriate music. It provides specific information about the benefits of using **music therapy** for people in the early, middle, and late stages of dementia. It describes abilities and limitations of people in different stages of dementia, and suggests how to involve patients with dementia in music, singing, dancing, and rhythm. The book explains how spouses and family caregivers can use music to enhance interactions and promote feelings of closeness with the care recipients. Information is included for using music for the management of behavior problems, relaxation and stress management, and pain control. Appendixes describe different relaxation techniques.

- **Alternative and Complementary Diabetes Care: How to Combine Natural and Traditional Therapies**

Source: New York, NY: John Wiley and Sons, Inc. 2000. 244 p.

Contact: Available from John Wiley and Sons, Inc. Distribution Center, 1 Wiley Drive, Somerset, NJ 08875-1272. (800) 225-5945 or (732) 469-4400. Fax (732) 302-2300. E-mail: bookinfo@wiley.com. Website: www.wiley.com. PRICE: \$14.95 plus shipping and handling. ISBN: 0471347841.

Summary: This book provides people who have diabetes with information on alternative and complementary healing regimens for diabetes. The book is organized in a way to help readers remember what a full, balanced health program should include. This is done by using the acronym PARENT, which stands for positive thinking, assertiveness, relaxation, exercise, nutrition, and touch. Chapter one provides an overview of the field of alternative and complimentary care. Topics include the activities of the Office of Alternative Medicine to assist professionals and lay people in recognizing the most helpful treatments, the steps some medical schools are taking to teach future physicians about alternative treatment approaches, and models of practice. Chapter two focuses on positive thinking. Readers learn how positive thinking affects the body from the standpoint of laughter, prayer, reframing, meditation, thought stopping, problem solving, and other choices. Considerations related to blood sugar control address logical thinking versus various other approaches to management. Chapter three deals with assertiveness, focusing on how to use assertiveness in daily life, how to handle conflict, how to develop a win-win approach, how to handle anger, and how using assertiveness relates to blood glucose control. Chapter four explains the physiology of stress and examines the effect of relaxation on blood glucose levels. Relaxation methods include biofeedback, progressive relaxation, autogenic therapy, deep breathing, imagery, visualization, aroma therapy, and meditation. Chapter five provides guidelines for evaluating one's present physical condition in relation to safe exercise choices. Types of exercise include aerobics, muscle strengthening, tension relievers, tai chi, qigong, other martial arts, and hatha yoga. Chapter six focuses on nutrition and diets. Topics include diet programs, obesity, weight loss, and types of foods. Chapter seven discusses the use of herbs in terms of general considerations, the availability and safety of herbs, regulation problems, and the usefulness of herbs. In addition, the chapter reviews products that people with diabetes might read or hear about and identifies specialty practices that use herbs. Chapter eight provides information on therapies that have something to do, directly or indirectly, with various energy responses of the mind or body, including art therapy, aroma therapy, colon therapy, chiropractic therapy, osteopathic therapy, homeopathic therapy, hypnotherapy, imagery therapy, journaling therapy, **music therapy**, magnet therapy, thought field therapy, and pain management therapy. Chapter nine introduces touch and nontouch remedies and various therapies that have the potential to lead to improved circulation, improved balance, and an improved sense of well being. Chapter 10 offers general reminders about the use of alternative remedies and provides some suggestions to improve quality of life. 7 appendices. 1 figure. 45 references.

- **Working with Visually Impaired Young Students: A Curriculum Guide for 3 to 5 Year Olds**

Source: Springfield, IL: Charles C Thomas. 1997. 208 p.

Contact: Available from Charles C Thomas Publisher, Ltd. 2600 South First Street, Springfield, IL 62794-9265. (800) 258-8980 or (217) 789-8980. Fax (217) 789-9130. PRICE: \$36.95 plus shipping and handling. ISBN: 0398068755.

Summary: This handbook was written to provide a curriculum model to preschool programs specifically designed for visually impaired 3 to 5 years olds. Children who are visually impaired frequently need a significant head start in order to blend in and successfully compete in a school environment. Concepts that are easily grasped by a child with no visual impairment may be twice as difficult to acquire for a visually impaired youngster. The visually impaired child might also experience problems with fine motor, eye-hand coordination activities, and basic mobility skills. Five chapters

cover psychological evaluation for the preschool child who is visually impaired, concept development, orientation and mobility, speech and language therapy, art therapy, and **music therapy**. The chapter on speech and language therapy emphasizes that the ages of three to five years are extremely important developmentally for all children. The most common description of a three-year old who is severely visually impaired may be delay in all areas. For visually impaired children without additional disabilities, aside from delay, there is little evidence of true developmental differences in most areas of language development. An area of development which may require intervention, however, is higher level vocabulary. Certain language constructs may require specialized attention in the instruction of visually impaired youngsters. These include the expansion of categorization skills, the use of ambiguous words, the development of pragmatic skills (such as dialog), and attention to the language of emotion, humor, irony, sarcasm, puns, and nonverbal communication. Each chapter offers specific lesson plans and strategies for intervening with these children. The book concludes with appendices and a bibliography. 76 references.

Book Summaries: Online Booksellers

Commercial Internet-based booksellers, such as Amazon.com and Barnes&Noble.com, offer summaries which have been supplied by each title's publisher. Some summaries also include customer reviews. Your local bookseller may have access to in-house and commercial databases that index all published books (e.g. Books in Print®). **IMPORTANT NOTE:** Online booksellers typically produce search results for medical and non-medical books. When searching for "music therapy" at online booksellers' Web sites, you may discover non-medical books that use the generic term "music therapy" (or a synonym) in their titles. The following is indicative of the results you might find when searching for "music therapy" (sorted alphabetically by title; follow the hyperlink to view more details at Amazon.com):

- **A Comprehensive Guide to Music Therapy: Theory, Clinical Practice, Research and Training** by Tony Wigram, et al (2003); ISBN: 1843100835;
<http://www.amazon.com/exec/obidos/ASIN/1843100835/icongroupinterna>
- **A Guide to Writing & Presenting in Music Therapy** by Kenneth Aigen (2003); ISBN: 1891278185;
<http://www.amazon.com/exec/obidos/ASIN/1891278185/icongroupinterna>
- **A song to set me free a model for the use of music therapy and music related activities for the benefit of the frail elderly (SuDoc HE 1.1002:M 97/2)** by Bonnie Baird Smith; ISBN: B00010ST2A;
<http://www.amazon.com/exec/obidos/ASIN/B00010ST2A/icongroupinterna>
- **A symposium: papers read at the Conference on Music Therapy, Tension and Relaxation held in London at the Royal Academy of Music on the 25th April, 1964;** ISBN: 0855130032;
<http://www.amazon.com/exec/obidos/ASIN/0855130032/icongroupinterna>
- **Acting Your Inner Music : Music Therapy and Psychodrama** by Joseph J. Moreno (1999); ISBN: 1581060122;
<http://www.amazon.com/exec/obidos/ASIN/1581060122/icongroupinterna>
- **Age Appropriate Activities for Adults With Profound Mental Retardation: A Collaborative Design by Music Therapy, Occupational Therapy and Speech**

- Pathology** by Nina Galerstein, et al (2001); ISBN: 1581060084;
<http://www.amazon.com/exec/obidos/ASIN/1581060084/icongroupinterna>
- **An Introduction To Music Therapy: Theory and Practice** by William B. Davis, et al; ISBN: 0697388603;
<http://www.amazon.com/exec/obidos/ASIN/0697388603/icongroupinterna>
 - **Analytical Music Therapy** by Johannes Th. Eschen (Editor); ISBN: 1843100584;
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 - **Art & Science of Music Therapy: A Handbook** by Tony Wigram (Editor), et al; ISBN: 3718656353;
<http://www.amazon.com/exec/obidos/ASIN/3718656353/icongroupinterna>
 - **Best practice in music therapy utilizing group percussion strategies for promoting volunteerism in the well older adult (SuDoc HE 1:1002:M 97/5)** by E. Percil Stanford; ISBN: B00010TD8O;
<http://www.amazon.com/exec/obidos/ASIN/B00010TD8O/icongroupinterna>
 - **Best practice in music therapy utilizing group percussion strategies for promoting volunteerism in the well older adult : manual (SuDoc HE 1:1002:M 97/5/MAN.)** by Barbara Louise Reuer; ISBN: B00010TFCI;
<http://www.amazon.com/exec/obidos/ASIN/B00010TFCI/icongroupinterna>
 - **Best Practice in Music Therapy: Utilizing Group Percussion Strategies for Promoting Volunteerism in the Well Older Adult** by Barbara Crowe, Barbara L. Reuer; ISBN: 1879167085;
<http://www.amazon.com/exec/obidos/ASIN/1879167085/icongroupinterna>
 - **Beyond the sound : a technical and philosophical approach to music therapy** by Lonnie Ann Trevisan; ISBN: 096020220X;
<http://www.amazon.com/exec/obidos/ASIN/096020220X/icongroupinterna>
 - **Case Studies in Music Therapy** by Kenneth E. Bruscia (Editor) (1991); ISBN: 0962408018;
<http://www.amazon.com/exec/obidos/ASIN/0962408018/icongroupinterna>
 - **Case Study Designs in Music Therapy** by David Aldridge (2004); ISBN: 1843101408;
<http://www.amazon.com/exec/obidos/ASIN/1843101408/icongroupinterna>
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<http://www.amazon.com/exec/obidos/ASIN/8274771117/icongroupinterna>
 - **Creative Music Therapy: Individualized Treatment for the Handicapped Child/Book and Cassette (John Day Books in Special Education)** by Paul, Nordoff, Clive Robbins; ISBN: 0381971007;
<http://www.amazon.com/exec/obidos/ASIN/0381971007/icongroupinterna>
 - **Culture Centered Music Therapy** by Brynjulf Stige, et al (2002); ISBN: 1891278142;
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- **Directory of Music Therapy Training Courses World-Wide 1996** by Denis Erdonmez;
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- **Effects of music therapy on elderly extended care inpatients receiving radiation or physical therapy (SuDoc HE 1.1002:M 97)** by Martha A. Burke; ISBN: B00010SOI4;
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- **Qualitative Music Therapy Research: Beginning Dialogues** by Mechtild Langenberg (Editor), et al (1996); ISBN: 0962408042;
<http://www.amazon.com/exec/obidos/ASIN/0962408042/icongroupinterna>
- **Reclaiming dignity and enhancing abilities through therapeutic stimulation a model for the use of music therapy and music related activities for frail elderly and disabled adults (SuDoc HE 1.1002:M 97/3/PROJ.)** by Bonnie Baird Smith; ISBN: B00010ST34;
<http://www.amazon.com/exec/obidos/ASIN/B00010ST34/icongroupinterna>

- **Report on the research project on music therapy with severely subnormal boys hospitalised at Binfield Park Hospital** by Juliette Alvin; ISBN: 0855130083; <http://www.amazon.com/exec/obidos/ASIN/0855130083/icongroupinterna>
- **Role of Music Therapy in the Education of Handicapped Children and Youth (62P)** by Wanda Lathom; ISBN: 9991683909; <http://www.amazon.com/exec/obidos/ASIN/9991683909/icongroupinterna>
- **Sleep Like a Baby: Heartbeat-Music Therapy** by Terry Woodford (1999); ISBN: 555544088X; <http://www.amazon.com/exec/obidos/ASIN/555544088X/icongroupinterna>
- **Songs for Music Therapy** by William Janiak; ISBN: 9992291591; <http://www.amazon.com/exec/obidos/ASIN/9992291591/icongroupinterna>
- **Special Education: Music Therapy** by Manorma Sharma (1996); ISBN: 8170247454; <http://www.amazon.com/exec/obidos/ASIN/8170247454/icongroupinterna>
- **Special Educational Music Therapy: With Persons Who Have Severe/Profound Retardation: Theory and Methodology** by Harald Goll (1994); ISBN: 3631476493; <http://www.amazon.com/exec/obidos/ASIN/3631476493/icongroupinterna>
- **Supportive Eclectic Music Therapy for Grief and Loss: A Practical Handbook for Professionals** by Ruth Bright (2002); ISBN: 1581060270; <http://www.amazon.com/exec/obidos/ASIN/1581060270/icongroupinterna>
- **Temple University Studies on Music Therapy Education and Training**; ISBN: 999816205X; <http://www.amazon.com/exec/obidos/ASIN/999816205X/icongroupinterna>
- **The Art of Caring: Holistic Healing Using Relaxation, Imagery, Music Therapy & Touch** by Lynn Keegan, et al (1996); ISBN: 1564553027; <http://www.amazon.com/exec/obidos/ASIN/1564553027/icongroupinterna>
- **The Handbook of Music Therapy** by Leslie Bunt (Editor), Sarah Hoskyns (Editor) (2002); ISBN: 0415157080; <http://www.amazon.com/exec/obidos/ASIN/0415157080/icongroupinterna>
- **Use of Creative Arts in Therapy, Dance Therapy, Music Therapy, Psychodrama** by 1979 Conference on Creative Arts Therapies; ISBN: 0890421307; <http://www.amazon.com/exec/obidos/ASIN/0890421307/icongroupinterna>

The National Library of Medicine Book Index

The National Library of Medicine at the National Institutes of Health has a massive database of books published on healthcare and biomedicine. Go to the following Internet site, <http://locatorplus.gov/>, and then select "Search LOCATORplus." Once you are in the search area, simply type "music therapy" (or synonyms) into the search box, and select "books only." From there, results can be sorted by publication date, author, or relevance. The following was recently catalogued by the National Library of Medicine:⁶

⁶ In addition to LOCATORPlus, in collaboration with authors and publishers, the National Center for Biotechnology Information (NCBI) is currently adapting biomedical books for the Web. The books may be accessed in two ways: (1) by searching directly using any search term or phrase (in the same way as the bibliographic database PubMed), or (2) by following the links to PubMed abstracts. Each PubMed abstract has a "Books" button that displays a facsimile of the abstract in which some phrases are hypertext links. These phrases are also found in the books available at NCBI. Click on hyperlinked results in the list of books in which the phrase is found.

- **An analysis of selected nineteenth century music therapy literature** Author: Davis, William B.; Year: 1979; [Lawrence, Kan.?: s.n.], c1984
- **Key concepts in the Orff music therapy: definitions and examples** Author: Orff, Gertrud.; Year: 1977; London; New York: Schott, c1989; ISBN: 0946535108
<http://www.amazon.com/exec/obidos/ASIN/0946535108/icongroupinterna>
- **Music therapy for the autistic child** Author: Alvin, Juliette.; Year: 1978; London; New York: Oxford Univ. Press, 1978; ISBN: 0193174146
<http://www.amazon.com/exec/obidos/ASIN/0193174146/icongroupinterna>
- **Music therapy for the developmentally disabled** Author: Boxill, Edith Hillman.; Year: 1972; Rockville, Md.: Aspen Systems Corp., 1985; ISBN: 0894435558
<http://www.amazon.com/exec/obidos/ASIN/0894435558/icongroupinterna>
- **Music therapy.** Author: Alvin, Juliette.; Year: 1972; London, Hutchinson [1975]; ISBN: 0091203201
<http://www.amazon.com/exec/obidos/ASIN/0091203201/icongroupinterna>
- **Musicoterapia: radovi međunarodnih simpozija o liječenju glazbom = Musicoterapia: proceedings of the International Symposia on Music Therapy;** Year: 1976; Zagreb: [s.n.], 1980
- **Psychiatric music therapy: origins and development** Author: Tyson, Florence.; Year: 1969; New York: Creative Arts Rehabilitation Center, c1981; ISBN: 0960687602
<http://www.amazon.com/exec/obidos/ASIN/0960687602/icongroupinterna>

Chapters on Music Therapy

In order to find chapters that specifically relate to music therapy, an excellent source of abstracts is the Combined Health Information Database. You will need to limit your search to book chapters and music therapy using the "Detailed Search" option. Go to the following hyperlink: <http://chid.nih.gov/detail/detail.html>. To find book chapters, use the drop boxes at the bottom of the search page where "You may refine your search by." Select the dates and language you prefer, and the format option "Book Chapter." Type "music therapy" (or synonyms) into the "For these words:" box.

Currently, the majority of the links are between the books and PubMed. In the future, more links will be created between the books and other types of information, such as gene and protein sequences and macromolecular structures. See <http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=Books>.

CHAPTER 7. MULTIMEDIA ON MUSIC THERAPY

Overview

In this chapter, we show you how to keep current on multimedia sources of information on music therapy. We start with sources that have been summarized by federal agencies, and then show you how to find bibliographic information catalogued by the National Library of Medicine.

Audio Recordings

The Combined Health Information Database contains abstracts on audio productions. To search CHID, go directly to the following hyperlink: <http://chid.nih.gov/detail/detail.html>. To find audio productions, use the drop boxes at the bottom of the search page where "You may refine your search by." Select the dates and language you prefer, and the format option "Sound Recordings." Type "music therapy" (or synonyms) into the "For these words:" box. The following is a typical result when searching for sound recordings on music therapy:

- **Rise and Shine: Attuning to Alzheimer's Through American Folk Music**

Source: Salt Lake City, UT: Innovative Caregiving Resources. 1994. 36 p.

Contact: Available from Innovative Caregiving Resources. PO Box 17809, Salt Lake City, UT 84117-0809. (801) 272-9806. PRICE: \$25.00.

Summary: This **music therapy** program was developed to bring music into the lives of people with Alzheimer's disease (AD). The program includes an audiotape of thirty American folk songs and a manual containing sheet music, words, and activities for each song. Songs are arranged in order from easiest to most challenging and are split up into three sections: movement activities, rhythm instrument activities, and dances. Songs include "Goodnight Ladies," "Noah's Ark," "Pick a Bale of Cotton." "Skip to My Lou," "The Drunken Sailor," and "Up on the Mountain." This program is intended for people in the mild to moderate stages of AD, although it may be adapted for use with lower functioning clients.

Bibliography: Multimedia on Music Therapy

The National Library of Medicine is a rich source of information on healthcare-related multimedia productions including slides, computer software, and databases. To access the multimedia database, go to the following Web site: <http://locatorplus.gov/>. Select "Search LOCATORplus." Once in the search area, simply type in music therapy (or synonyms). Then, in the option box provided below the search box, select "Audiovisuals and Computer Files." From there, you can choose to sort results by publication date, author, or relevance. The following multimedia has been indexed on music therapy:

- **Music therapy & medicine [videorecording]: partnerships in care** Source: a production of the American Music Therapy Association; produced by N.A.K. Production Associates; Year: 1996; Format: Videorecording; Silver Spring, MD: The Association, c1996
- **Music therapy internship [motion picture]** Source: Wanda Lathom; produced by the Audio-Visual Department of Parsons State Hospital and Training Center; Year: 1967; Format: Motion picture; Parsons, Kan.: The Hospital; [Atlanta: for loan by National Medical Audiovisual Center, 1967?]
- **Paths of development in Nordoff-Robbins music therapy** Source: by Kenneth Aigen; Year: 1998; Gilsum, NH: Barcelona, c1998

CHAPTER 8. PERIODICALS AND NEWS ON MUSIC THERAPY

Overview

In this chapter, we suggest a number of news sources and present various periodicals that cover music therapy.

News Services and Press Releases

One of the simplest ways of tracking press releases on music therapy is to search the news wires. In the following sample of sources, we will briefly describe how to access each service. These services only post recent news intended for public viewing.

PR Newswire

To access the PR Newswire archive, simply go to <http://www.prnewswire.com/>. Select your country. Type “music therapy” (or synonyms) into the search box. You will automatically receive information on relevant news releases posted within the last 30 days. The search results are shown by order of relevance.

Reuters Health

The Reuters’ Medical News and Health eLine databases can be very useful in exploring news archives relating to music therapy. While some of the listed articles are free to view, others are available for purchase for a nominal fee. To access this archive, go to <http://www.reutershealth.com/en/index.html> and search by “music therapy” (or synonyms). The following was recently listed in this archive for music therapy:

- **Music therapy helps Alzheimer's patients**
Source: Reuters Health eLine
Date: January 28, 2000
- **Music Therapy Lifts Mood**
Source: Reuters Health eLine
Date: January 29, 1998

- **Music Therapy: Gaining Interest And Acceptance.Slowly**

Source: Reuters Medical News

Date: January 26, 1996

The NIH

Within MEDLINEplus, the NIH has made an agreement with the New York Times Syndicate, the AP News Service, and Reuters to deliver news that can be browsed by the public. Search news releases at http://www.nlm.nih.gov/medlineplus/alphaneews_a.html. MEDLINEplus allows you to browse across an alphabetical index. Or you can search by date at the following Web page: <http://www.nlm.nih.gov/medlineplus/newsbydate.html>. Often, news items are indexed by MEDLINEplus within its search engine.

Business Wire

Business Wire is similar to PR Newswire. To access this archive, simply go to <http://www.businesswire.com/>. You can scan the news by industry category or company name.

Market Wire

Market Wire is more focused on technology than the other wires. To browse the latest press releases by topic, such as alternative medicine, biotechnology, fitness, healthcare, legal, nutrition, and pharmaceuticals, access Market Wire's Medical/Health channel at http://www.marketwire.com/mw/release_index?channel=MedicalHealth. Or simply go to Market Wire's home page at <http://www.marketwire.com/mw/home>, type "music therapy" (or synonyms) into the search box, and click on "Search News." As this service is technology oriented, you may wish to use it when searching for press releases covering diagnostic procedures or tests.

Search Engines

Medical news is also available in the news sections of commercial Internet search engines. See the health news page at Yahoo (http://dir.yahoo.com/Health/News_and_Media/), or you can use this Web site's general news search page at <http://news.yahoo.com/>. Type in "music therapy" (or synonyms). If you know the name of a company that is relevant to music therapy, you can go to any stock trading Web site (such as <http://www.etrade.com/>) and search for the company name there. News items across various news sources are reported on indicated hyperlinks. Google offers a similar service at <http://news.google.com/>.

BBC

Covering news from a more European perspective, the British Broadcasting Corporation (BBC) allows the public free access to their news archive located at <http://www.bbc.co.uk/>. Search by "music therapy" (or synonyms).

Newsletters on Music Therapy

Find newsletters on music therapy using the Combined Health Information Database (CHID). You will need to use the "Detailed Search" option. To access CHID, go to the following hyperlink: <http://chid.nih.gov/detail/detail.html>. Limit your search to "Newsletter" and "music therapy." Go to the bottom of the search page where "You may refine your search by." Select the dates and language that you prefer. For the format option, select "Newsletter." Type "music therapy" (or synonyms) into the "For these words:" box. The following list was generated using the options described above:

- **Eldersong: The Music and Gerontology Newsletter**

Source: Mount Airy, MD: Eldersong. 1987-. [8 p. average].

Contact: Available from Eldersong Publications, Incorporated. 3305 Hampton Court, P.O. Box 74, Mount Airy, MD 21771. (301) 829-0533; (800) 397-0533. PRICE: \$15.00 for 1 year, \$26.00 for two years.

Summary: This newsletter is published bimonthly and provides information for music therapists and activities coordinators to help in activity planning. The publication also helps locate resources, networking opportunities, and professional information. It is produced by Eldersong Publications, Inc., Mt. Airy, Maryland. A typical issue may include various announcements, research news, discussions on **music therapy** and recreational music, new music resources, descriptions of games for older people, and helpful hints.

Newsletter Articles

Use the Combined Health Information Database, and limit your search criteria to "newsletter articles." Again, you will need to use the "Detailed Search" option. Go directly to the following hyperlink: <http://chid.nih.gov/detail/detail.html>. Go to the bottom of the search page where "You may refine your search by." Select the dates and language that you prefer. For the format option, select "Newsletter Article." Type "music therapy" (or synonyms) into the "For these words:" box. You should check back periodically with this database as it is updated every three months. The following is a typical result when searching for newsletter articles on music therapy:

- **Activities for AD: Music Encourages Self-Expression**

Source: ADRDA Newsletter. 6(2): 7. Summer 1986.

Contact: Alzheimer's Association. 919 North Michigan Avenue, Suite 1000, Chicago, IL 60611-1676. (800) 272-3900; (312) 335-8700; (312) 335-8882 (TDD); FAX (312) 335-1110. PRICE: Single copy free.

Summary: This article explains the importance of **music therapy** in the management of Alzheimer's patients. It claims that listening to music can allow a person with Alzheimer's disease to reach thoughts and feelings more easily than through words. It also gives advice to caregivers on using music in the home, day care program, or nursing home.

- **Resource Review: A Summary of Suggested Resources for the Alzheimer's Caregiver**

Source: Melbourne, FL: Better Directions. 1995. 8 p.

Contact: Available from Better Directions. PO Box 752, Melbourne, FL 32902. (800) 999-0795; FAX (407) 724-5767. PRICE: \$6.00.

Summary: This newsletter presents an annotated list of 47 resources for caregivers of people with dementia. The resources are organized into categories including general interest books and videotapes; books and videotapes regarding intimacy; books of activities for the patient with dementia; and books about reminiscence, **music therapy**, working with children and adolescents, and difficult behaviors. Other categories include journals, organizations, and products. Each entry includes an address and telephone number, ordering information and price where appropriate, and a brief description of the item.

Academic Periodicals covering Music Therapy

Numerous periodicals are currently indexed within the National Library of Medicine's PubMed database that are known to publish articles relating to music therapy. In addition to these sources, you can search for articles covering music therapy that have been published by any of the periodicals listed in previous chapters. To find the latest studies published, go to <http://www.ncbi.nlm.nih.gov/pubmed>, type the name of the periodical into the search box, and click "Go."

If you want complete details about the historical contents of a journal, you can also visit the following Web site: <http://www.ncbi.nlm.nih.gov/entrez/jrbrowser.cgi>. Here, type in the name of the journal or its abbreviation, and you will receive an index of published articles. At <http://locatorplus.gov/>, you can retrieve more indexing information on medical periodicals (e.g. the name of the publisher). Select the button "Search LOCATORplus." Then type in the name of the journal and select the advanced search option "Journal Title Search."

APPENDICES

APPENDIX A. PHYSICIAN RESOURCES

Overview

In this chapter, we focus on databases and Internet-based guidelines and information resources created or written for a professional audience.

NIH Guidelines

Commonly referred to as “clinical” or “professional” guidelines, the National Institutes of Health publish physician guidelines for the most common diseases. Publications are available at the following by relevant Institute⁷:

- Office of the Director (OD); guidelines consolidated across agencies available at <http://www.nih.gov/health/consumer/conkey.htm>
- National Institute of General Medical Sciences (NIGMS); fact sheets available at <http://www.nigms.nih.gov/news/facts/>
- National Library of Medicine (NLM); extensive encyclopedia (A.D.A.M., Inc.) with guidelines: <http://www.nlm.nih.gov/medlineplus/healthtopics.html>
- National Cancer Institute (NCI); guidelines available at <http://www.cancer.gov/cancerinfo/list.aspx?viewid=5f35036e-5497-4d86-8c2c-714a9f7c8d25>
- National Eye Institute (NEI); guidelines available at <http://www.nei.nih.gov/order/index.htm>
- National Heart, Lung, and Blood Institute (NHLBI); guidelines available at <http://www.nhlbi.nih.gov/guidelines/index.htm>
- National Human Genome Research Institute (NHGRI); research available at <http://www.genome.gov/page.cfm?pageID=10000375>
- National Institute on Aging (NIA); guidelines available at <http://www.nia.nih.gov/health/>

⁷ These publications are typically written by one or more of the various NIH Institutes.

- National Institute on Alcohol Abuse and Alcoholism (NIAAA); guidelines available at <http://www.niaaa.nih.gov/publications/publications.htm>
- National Institute of Allergy and Infectious Diseases (NIAID); guidelines available at <http://www.niaid.nih.gov/publications/>
- National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS); fact sheets and guidelines available at <http://www.niams.nih.gov/hi/index.htm>
- National Institute of Child Health and Human Development (NICHD); guidelines available at <http://www.nichd.nih.gov/publications/pubskey.cfm>
- National Institute on Deafness and Other Communication Disorders (NIDCD); fact sheets and guidelines at <http://www.nidcd.nih.gov/health/>
- National Institute of Dental and Craniofacial Research (NIDCR); guidelines available at <http://www.nidr.nih.gov/health/>
- National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK); guidelines available at <http://www.niddk.nih.gov/health/health.htm>
- National Institute on Drug Abuse (NIDA); guidelines available at <http://www.nida.nih.gov/DrugAbuse.html>
- National Institute of Environmental Health Sciences (NIEHS); environmental health information available at <http://www.niehs.nih.gov/external/facts.htm>
- National Institute of Mental Health (NIMH); guidelines available at <http://www.nimh.nih.gov/practitioners/index.cfm>
- National Institute of Neurological Disorders and Stroke (NINDS); neurological disorder information pages available at http://www.ninds.nih.gov/health_and_medical/disorder_index.htm
- National Institute of Nursing Research (NINR); publications on selected illnesses at <http://www.nih.gov/ninr/news-info/publications.html>
- National Institute of Biomedical Imaging and Bioengineering; general information at http://grants.nih.gov/grants/becon/becon_info.htm
- Center for Information Technology (CIT); referrals to other agencies based on keyword searches available at http://kb.nih.gov/www_query_main.asp
- National Center for Complementary and Alternative Medicine (NCCAM); health information available at <http://nccam.nih.gov/health/>
- National Center for Research Resources (NCRR); various information directories available at <http://www.ncrr.nih.gov/publications.asp>
- Office of Rare Diseases; various fact sheets available at http://rarediseases.info.nih.gov/html/resources/rep_pubs.html
- Centers for Disease Control and Prevention; various fact sheets on infectious diseases available at <http://www.cdc.gov/publications.htm>

NIH Databases

In addition to the various Institutes of Health that publish professional guidelines, the NIH has designed a number of databases for professionals.⁸ Physician-oriented resources provide a wide variety of information related to the biomedical and health sciences, both past and present. The format of these resources varies. Searchable databases, bibliographic citations, full-text articles (when available), archival collections, and images are all available. The following are referenced by the National Library of Medicine:⁹

- **Bioethics:** Access to published literature on the ethical, legal, and public policy issues surrounding healthcare and biomedical research. This information is provided in conjunction with the Kennedy Institute of Ethics located at Georgetown University, Washington, D.C.: http://www.nlm.nih.gov/databases/databases_bioethics.html
- **HIV/AIDS Resources:** Describes various links and databases dedicated to HIV/AIDS research: <http://www.nlm.nih.gov/pubs/factsheets/aidsinfo.html>
- **NLM Online Exhibitions:** Describes “Exhibitions in the History of Medicine”: <http://www.nlm.nih.gov/exhibition/exhibition.html>. Additional resources for historical scholarship in medicine: <http://www.nlm.nih.gov/hmd/hmd.html>
- **Biotechnology Information:** Access to public databases. The National Center for Biotechnology Information conducts research in computational biology, develops software tools for analyzing genome data, and disseminates biomedical information for the better understanding of molecular processes affecting human health and disease: <http://www.ncbi.nlm.nih.gov/>
- **Population Information:** The National Library of Medicine provides access to worldwide coverage of population, family planning, and related health issues, including family planning technology and programs, fertility, and population law and policy: http://www.nlm.nih.gov/databases/databases_population.html
- **Cancer Information:** Access to cancer-oriented databases: http://www.nlm.nih.gov/databases/databases_cancer.html
- **Profiles in Science:** Offering the archival collections of prominent twentieth-century biomedical scientists to the public through modern digital technology: <http://www.profiles.nlm.nih.gov/>
- **Chemical Information:** Provides links to various chemical databases and references: <http://sis.nlm.nih.gov/Chem/ChemMain.html>
- **Clinical Alerts:** Reports the release of findings from the NIH-funded clinical trials where such release could significantly affect morbidity and mortality: http://www.nlm.nih.gov/databases/alerts/clinical_alerts.html
- **Space Life Sciences:** Provides links and information to space-based research (including NASA): http://www.nlm.nih.gov/databases/databases_space.html
- **MEDLINE:** Bibliographic database covering the fields of medicine, nursing, dentistry, veterinary medicine, the healthcare system, and the pre-clinical sciences: http://www.nlm.nih.gov/databases/databases_medline.html

⁸ Remember, for the general public, the National Library of Medicine recommends the databases referenced in MEDLINEplus (<http://medlineplus.gov/> or <http://www.nlm.nih.gov/medlineplus/databases.html>).

⁹ See <http://www.nlm.nih.gov/databases/databases.html>.

- **Toxicology and Environmental Health Information (TOXNET):** Databases covering toxicology and environmental health: <http://sis.nlm.nih.gov/Tox/ToxMain.html>
- **Visible Human Interface:** Anatomically detailed, three-dimensional representations of normal male and female human bodies:
http://www.nlm.nih.gov/research/visible/visible_human.html

The NLM Gateway¹⁰

The NLM (National Library of Medicine) Gateway is a Web-based system that lets users search simultaneously in multiple retrieval systems at the U.S. National Library of Medicine (NLM). It allows users of NLM services to initiate searches from one Web interface, providing one-stop searching for many of NLM's information resources or databases.¹¹ To use the NLM Gateway, simply go to the search site at <http://gateway.nlm.nih.gov/gw/Cmd>. Type "music therapy" (or synonyms) into the search box and click "Search." The results will be presented in a tabular form, indicating the number of references in each database category.

Results Summary

Category	Items Found
Journal Articles	1158
Books / Periodicals / Audio Visual	452
Consumer Health	448
Meeting Abstracts	8
Other Collections	0
Total	2066

HSTAT¹²

HSTAT is a free, Web-based resource that provides access to full-text documents used in healthcare decision-making.¹³ These documents include clinical practice guidelines, quick-reference guides for clinicians, consumer health brochures, evidence reports and technology assessments from the Agency for Healthcare Research and Quality (AHRQ), as well as AHRQ's Put Prevention Into Practice.¹⁴ Simply search by "music therapy" (or synonyms) at the following Web site: <http://text.nlm.nih.gov>.

¹⁰ Adapted from NLM: <http://gateway.nlm.nih.gov/gw/Cmd?Overview.x>.

¹¹ The NLM Gateway is currently being developed by the Lister Hill National Center for Biomedical Communications (LHNCBC) at the National Library of Medicine (NLM) of the National Institutes of Health (NIH).

¹² Adapted from HSTAT: <http://www.nlm.nih.gov/pubs/factsheets/hstat.html>.

¹³ The HSTAT URL is <http://hstat.nlm.nih.gov/>.

¹⁴ Other important documents in HSTAT include: the National Institutes of Health (NIH) Consensus Conference Reports and Technology Assessment Reports; the HIV/AIDS Treatment Information Service (ATIS) resource documents; the Substance Abuse and Mental Health Services Administration's Center for Substance Abuse Treatment (SAMHSA/CSAT) Treatment Improvement Protocols (TIP) and Center for Substance Abuse Prevention (SAMHSA/CSAP) Prevention Enhancement Protocols System (PEPS); the Public Health Service (PHS) Preventive Services Task Force's *Guide to Clinical Preventive Services*; the independent, nonfederal Task Force on Community Services' *Guide to Community Preventive Services*; and the Health Technology Advisory Committee (HTAC) of the Minnesota Health Care Commission (MHCC) health technology evaluations.

Coffee Break: Tutorials for Biologists¹⁵

Coffee Break is a general healthcare site that takes a scientific view of the news and covers recent breakthroughs in biology that may one day assist physicians in developing treatments. Here you will find a collection of short reports on recent biological discoveries. Each report incorporates interactive tutorials that demonstrate how bioinformatics tools are used as a part of the research process. Currently, all Coffee Breaks are written by NCBI staff.¹⁶ Each report is about 400 words and is usually based on a discovery reported in one or more articles from recently published, peer-reviewed literature.¹⁷ This site has new articles every few weeks, so it can be considered an online magazine of sorts. It is intended for general background information. You can access the Coffee Break Web site at the following hyperlink: <http://www.ncbi.nlm.nih.gov/Coffeebreak/>.

Other Commercial Databases

In addition to resources maintained by official agencies, other databases exist that are commercial ventures addressing medical professionals. Here are some examples that may interest you:

- **CliniWeb International:** Index and table of contents to selected clinical information on the Internet; see <http://www.ohsu.edu/clinweb/>.
- **Medical World Search:** Searches full text from thousands of selected medical sites on the Internet; see <http://www.mwsearch.com/>.

¹⁵ Adapted from <http://www.ncbi.nlm.nih.gov/Coffeebreak/Archive/FAQ.html>.

¹⁶ The figure that accompanies each article is frequently supplied by an expert external to NCBI, in which case the source of the figure is cited. The result is an interactive tutorial that tells a biological story.

¹⁷ After a brief introduction that sets the work described into a broader context, the report focuses on how a molecular understanding can provide explanations of observed biology and lead to therapies for diseases. Each vignette is accompanied by a figure and hypertext links that lead to a series of pages that interactively show how NCBI tools and resources are used in the research process.

APPENDIX B. PATIENT RESOURCES

Overview

Official agencies, as well as federally funded institutions supported by national grants, frequently publish a variety of guidelines written with the patient in mind. These are typically called “Fact Sheets” or “Guidelines.” They can take the form of a brochure, information kit, pamphlet, or flyer. Often they are only a few pages in length. Since new guidelines on music therapy can appear at any moment and be published by a number of sources, the best approach to finding guidelines is to systematically scan the Internet-based services that post them.

Patient Guideline Sources

The remainder of this chapter directs you to sources which either publish or can help you find additional guidelines on topics related to music therapy. Due to space limitations, these sources are listed in a concise manner. Do not hesitate to consult the following sources by either using the Internet hyperlink provided, or, in cases where the contact information is provided, contacting the publisher or author directly.

The National Institutes of Health

The NIH gateway to patients is located at <http://health.nih.gov/>. From this site, you can search across various sources and institutes, a number of which are summarized below.

Topic Pages: MEDLINEplus

The National Library of Medicine has created a vast and patient-oriented healthcare information portal called MEDLINEplus. Within this Internet-based system are “health topic pages” which list links to available materials relevant to music therapy. To access this system, log on to <http://www.nlm.nih.gov/medlineplus/healthtopics.html>. From there you can either search using the alphabetical index or browse by broad topic areas. Recently, MEDLINEplus listed the following when searched for “music therapy”:

- Other guides

Alzheimer's Caregivers

<http://www.nlm.nih.gov/medlineplus/alzheimerscaregivers.html>

Alzheimer's Disease

<http://www.nlm.nih.gov/medlineplus/alzheimersdisease.html>

Health Occupations

<http://www.nlm.nih.gov/medlineplus/healthoccupations.html>

Rehabilitation

<http://www.nlm.nih.gov/medlineplus/rehabilitation.html>

You may also choose to use the search utility provided by MEDLINEplus at the following Web address: <http://www.nlm.nih.gov/medlineplus/>. Simply type a keyword into the search box and click "Search." This utility is similar to the NIH search utility, with the exception that it only includes materials that are linked within the MEDLINEplus system (mostly patient-oriented information). It also has the disadvantage of generating unstructured results. We recommend, therefore, that you use this method only if you have a very targeted search.

The Combined Health Information Database (CHID)

CHID Online is a reference tool that maintains a database directory of thousands of journal articles and patient education guidelines on music therapy. CHID offers summaries that describe the guidelines available, including contact information and pricing. CHID's general Web site is <http://chid.nih.gov/>. To search this database, go to <http://chid.nih.gov/detail/detail.html>. In particular, you can use the advanced search options to look up pamphlets, reports, brochures, and information kits. The following was recently posted in this archive:

- **Facts About Fragile X Syndrome**

Source: Bethesda, MD: National Institutes of Child Health and Human Development, National Institutes of Health (NIH). April 1996. 15 p.

Contact: Available from National Institutes of Child Health and Human Development (NICHD). National Institutes of Health (NIH), 31 Center Drive, Room 2A32, MSC2425, Bethesda, MD 20892-2425. PRICE: Single copy free. NIH Publication Number 96-3402.

Summary: This brochure describes Fragile X syndrome, the most common genetically-inherited form of mental retardation currently known. In addition to intellectual disability, some individuals with Fragile X display common physical traits and characteristic facial features, such as prominent ears. Mental impairment may range from mild learning disability and hyperactivity to severe mental retardation and autism. The brochure describes Fragile X and the research effort that led to the 1991 discovery of the gene (FMR-1) that, when damaged, causes Fragile X. The brochure then discusses inheritance, testing for the Fragile X gene, prenatal tests, diagnosis and treatment, physical disabilities associated with Fragile X, speech language and learning disabilities associated with Fragile X, medical problems, educational considerations, and future research strategies. In discussing accommodations for children with Fragile X, the brochure notes that to counter the sensory integration difficulties often present, techniques such as minimizing exposure to noise and odors may prevent

overstimulation. Therapeutic calming techniques, such as **music therapy**, may also be useful. Many children with Fragile X achieve above the level that would have been predicted from measured IQ; it is important for parents and educators to help these children reach their maximum potential. The brochure includes a brief description of two resource organizations, the National Fragile X Foundation and the FRAXA Research Foundation, Inc.; the contact information for both is included.

- **Related Services, Professional Association**

Source: Reston, VA: National Clearinghouse for Professions in Special Education. 1996. 2 p.

Contact: Available from National Clearinghouse for Professions in Special Education. 1920 Association Drive, Reston, VA 20191-1589. (800) 641-7824 or (703) 264-9476; TTY (703) 264-9480; Fax (703) 620-2521; E-mail: ncpse@cec.sped.org; <http://www.cec.sped.org/ncpse.htm>. PRICE: Single copy free. Item number 13.96.

Summary: This fact sheet lists professional associations related to special education. Groups listed are: American Alliance for Health, Physical Education, Recreation and Dance; American Art Therapy Association; American Counseling Association; American Dance Therapy Association; American Occupational Therapy Association; American Physical Therapy Association; American Speech Language Hearing Association; American Therapeutic Recreation Association; National Association of Social Workers; National Association for **Music Therapy**; National Association of School Nurses; and National Association for School Psychologists. Each organization is listed by name, with their address, telephone numbers, and e-mail addresses provided.

- **Helpful Hints on the Use of Music**

Source: Focus on Geriatric Care and Rehabilitation. [Newsletter] 5(10): 9. April 1992.

Contact: Available from Aspen Publishers, Inc. 7201 McKinney Circle, Frederick, MD 21701. (800) 234-1660 or (301) 417-7500. PRICE: Fact sheet available only as part of newsletter which is \$7.00 per issue. Annual subscription is \$63.00 plus \$6.00 shipping.

Summary: This fact sheet, included in a newsletter, provides suggestions for conducting **music therapy** programs for elderly people, including those with Alzheimer's disease. Some of these suggestions include asking clients what kind of music they like, including live music as well as recordings, and being sensitive to clients' hearing needs. The fact sheet also lists many of the benefits of **music therapy**, including decreased agitation, increased attention spans, facilitation of positive interaction between persons with Alzheimer's disease and caregivers, increased self-esteem, stimulation of social interaction and memory, and encouragement of physical activity. It is noted that effective programs require the direction of a trained music therapist.

Healthfinder™

Healthfinder™ is sponsored by the U.S. Department of Health and Human Services and offers links to hundreds of other sites that contain healthcare information. This Web site is located at <http://www.healthfinder.gov>. Again, keyword searches can be used to find guidelines. The following was recently found in this database:

- **Music Therapy**

Summary: This online fact sheet answers your questions about the role of music therapy and music therapists.

Source: American Music Therapy Association

<http://www.healthfinder.gov/scripts/recordpass.asp?RecordType=0&RecordID=2294>

The NIH Search Utility

The NIH search utility allows you to search for documents on over 100 selected Web sites that comprise the NIH-WEB-SPACE. Each of these servers is “crawled” and indexed on an ongoing basis. Your search will produce a list of various documents, all of which will relate in some way to music therapy. The drawbacks of this approach are that the information is not organized by theme and that the references are often a mix of information for professionals and patients. Nevertheless, a large number of the listed Web sites provide useful background information. We can only recommend this route, therefore, for relatively rare or specific disorders, or when using highly targeted searches. To use the NIH search utility, visit the following Web page: <http://search.nih.gov/index.html>.

Additional Web Sources

A number of Web sites are available to the public that often link to government sites. These can also point you in the direction of essential information. The following is a representative sample:

- AOL: <http://search.aol.com/cat.adp?id=168&layer=&from=subcats>
- Family Village: <http://www.familyvillage.wisc.edu/specific.htm>
- Google: http://directory.google.com/Top/Health/Conditions_and_Diseases/
- Med Help International: <http://www.medhelp.org/HealthTopics/A.html>
- Open Directory Project: http://dmoz.org/Health/Conditions_and_Diseases/
- Yahoo.com: http://dir.yahoo.com/Health/Diseases_and_Conditions/
- WebMD® Health: http://my.webmd.com/health_topics

Finding Associations

There are several Internet directories that provide lists of medical associations with information on or resources relating to music therapy. By consulting all of associations listed in this chapter, you will have nearly exhausted all sources for patient associations concerned with music therapy.

The National Health Information Center (NHIC)

The National Health Information Center (NHIC) offers a free referral service to help people find organizations that provide information about music therapy. For more information, see

the NHIC's Web site at <http://www.health.gov/NHIC/> or contact an information specialist by calling 1-800-336-4797.

Directory of Health Organizations

The Directory of Health Organizations, provided by the National Library of Medicine Specialized Information Services, is a comprehensive source of information on associations. The Directory of Health Organizations database can be accessed via the Internet at <http://www.sis.nlm.nih.gov/Dir/DirMain.html>. It is composed of two parts: DIRLINE and Health Hotlines.

The DIRLINE database comprises some 10,000 records of organizations, research centers, and government institutes and associations that primarily focus on health and biomedicine. To access DIRLINE directly, go to the following Web site: <http://dirline.nlm.nih.gov/>. Simply type in "music therapy" (or a synonym), and you will receive information on all relevant organizations listed in the database.

Health Hotlines directs you to toll-free numbers to over 300 organizations. You can access this database directly at <http://www.sis.nlm.nih.gov/hotlines/>. On this page, you are given the option to search by keyword or by browsing the subject list. When you have received your search results, click on the name of the organization for its description and contact information.

The Combined Health Information Database

Another comprehensive source of information on healthcare associations is the Combined Health Information Database. Using the "Detailed Search" option, you will need to limit your search to "Organizations" and "music therapy". Type the following hyperlink into your Web browser: <http://chid.nih.gov/detail/detail.html>. To find associations, use the drop boxes at the bottom of the search page where "You may refine your search by." For publication date, select "All Years." Then, select your preferred language and the format option "Organization Resource Sheet." Type "music therapy" (or synonyms) into the "For these words:" box. You should check back periodically with this database since it is updated every three months.

The National Organization for Rare Disorders, Inc.

The National Organization for Rare Disorders, Inc. has prepared a Web site that provides, at no charge, lists of associations organized by health topic. You can access this database at the following Web site: <http://www.rarediseases.org/search/orgsearch.html>. Type "music therapy" (or a synonym) into the search box, and click "Submit Query."

APPENDIX C. FINDING MEDICAL LIBRARIES

Overview

In this Appendix, we show you how to quickly find a medical library in your area.

Preparation

Your local public library and medical libraries have interlibrary loan programs with the National Library of Medicine (NLM), one of the largest medical collections in the world. According to the NLM, most of the literature in the general and historical collections of the National Library of Medicine is available on interlibrary loan to any library. If you would like to access NLM medical literature, then visit a library in your area that can request the publications for you.¹⁸

Finding a Local Medical Library

The quickest method to locate medical libraries is to use the Internet-based directory published by the National Network of Libraries of Medicine (NN/LM). This network includes 4626 members and affiliates that provide many services to librarians, health professionals, and the public. To find a library in your area, simply visit <http://nnlm.gov/members/adv.html> or call 1-800-338-7657.

Medical Libraries in the U.S. and Canada

In addition to the NN/LM, the National Library of Medicine (NLM) lists a number of libraries with reference facilities that are open to the public. The following is the NLM's list and includes hyperlinks to each library's Web site. These Web pages can provide information on hours of operation and other restrictions. The list below is a small sample of

¹⁸ Adapted from the NLM: <http://www.nlm.nih.gov/psd/cas/interlibrary.html>.

libraries recommended by the National Library of Medicine (sorted alphabetically by name of the U.S. state or Canadian province where the library is located)¹⁹:

- **Alabama:** Health InfoNet of Jefferson County (Jefferson County Library Cooperative, Lister Hill Library of the Health Sciences), <http://www.uab.edu/infonet/>
- **Alabama:** Richard M. Scrushy Library (American Sports Medicine Institute)
- **Arizona:** Samaritan Regional Medical Center: The Learning Center (Samaritan Health System, Phoenix, Arizona), <http://www.samaritan.edu/library/bannerlibs.htm>
- **California:** Kris Kelly Health Information Center (St. Joseph Health System, Humboldt), <http://www.humboldt1.com/~kkhic/index.html>
- **California:** Community Health Library of Los Gatos, <http://www.healthlib.org/orgresources.html>
- **California:** Consumer Health Program and Services (CHIPS) (County of Los Angeles Public Library, Los Angeles County Harbor-UCLA Medical Center Library) - Carson, CA, <http://www.colapublib.org/services/chips.html>
- **California:** Gateway Health Library (Sutter Gould Medical Foundation)
- **California:** Health Library (Stanford University Medical Center), <http://www-med.stanford.edu/healthlibrary/>
- **California:** Patient Education Resource Center - Health Information and Resources (University of California, San Francisco), <http://sfghdean.ucsf.edu/barnett/PERC/default.asp>
- **California:** Redwood Health Library (Petaluma Health Care District), <http://www.phcd.org/rdwdlib.html>
- **California:** Los Gatos PlaneTree Health Library, <http://planetreesanjose.org/>
- **California:** Sutter Resource Library (Sutter Hospitals Foundation, Sacramento), <http://suttermedicalcenter.org/library/>
- **California:** Health Sciences Libraries (University of California, Davis), <http://www.lib.ucdavis.edu/healthsci/>
- **California:** ValleyCare Health Library & Ryan Comer Cancer Resource Center (ValleyCare Health System, Pleasanton), <http://gaelnet.stmarys-ca.edu/other.libs/gbal/east/vchl.html>
- **California:** Washington Community Health Resource Library (Fremont), <http://www.healthlibrary.org/>
- **Colorado:** William V. Gervasini Memorial Library (Exempla Healthcare), <http://www.saintjosephdenver.org/yourhealth/libraries/>
- **Connecticut:** Hartford Hospital Health Science Libraries (Hartford Hospital), <http://www.harthosp.org/library/>
- **Connecticut:** Healthnet: Connecticut Consumer Health Information Center (University of Connecticut Health Center, Lyman Maynard Stowe Library), <http://library.uchc.edu/departm/hnet/>

¹⁹ Abstracted from <http://www.nlm.nih.gov/medlineplus/libraries.html>.

- **Connecticut:** Waterbury Hospital Health Center Library (Waterbury Hospital, Waterbury), <http://www.waterburyhospital.com/library/consumer.shtml>
- **Delaware:** Consumer Health Library (Christiana Care Health System, Eugene du Pont Preventive Medicine & Rehabilitation Institute, Wilmington), http://www.christianacare.org/health_guide/health_guide_pmri_health_info.cfm
- **Delaware:** Lewis B. Flinn Library (Delaware Academy of Medicine, Wilmington), <http://www.delamed.org/chls.html>
- **Georgia:** Family Resource Library (Medical College of Georgia, Augusta), http://cmc.mcg.edu/kids_families/fam_resources/fam_res_lib/frl.htm
- **Georgia:** Health Resource Center (Medical Center of Central Georgia, Macon), <http://www.mccg.org/hrc/hrchome.asp>
- **Hawaii:** Hawaii Medical Library: Consumer Health Information Service (Hawaii Medical Library, Honolulu), <http://hml.org/CHIS/>
- **Idaho:** DeArmond Consumer Health Library (Kootenai Medical Center, Coeur d'Alene), <http://www.nicon.org/DeArmond/index.htm>
- **Illinois:** Health Learning Center of Northwestern Memorial Hospital (Chicago), http://www.nmh.org/health_info/hlc.html
- **Illinois:** Medical Library (OSF Saint Francis Medical Center, Peoria), <http://www.osfsaintfrancis.org/general/library/>
- **Kentucky:** Medical Library - Services for Patients, Families, Students & the Public (Central Baptist Hospital, Lexington), <http://www.centralbap.com/education/community/library.cfm>
- **Kentucky:** University of Kentucky - Health Information Library (Chandler Medical Center, Lexington), <http://www.mc.uky.edu/PatientEd/>
- **Louisiana:** Alton Ochsner Medical Foundation Library (Alton Ochsner Medical Foundation, New Orleans), <http://www.ochsner.org/library/>
- **Louisiana:** Louisiana State University Health Sciences Center Medical Library-Shreveport, <http://lib-sh.lsuhscc.edu/>
- **Maine:** Franklin Memorial Hospital Medical Library (Franklin Memorial Hospital, Farmington), <http://www.fchn.org/fmh/lib.htm>
- **Maine:** Gerrish-True Health Sciences Library (Central Maine Medical Center, Lewiston), <http://www.cmmc.org/library/library.html>
- **Maine:** Hadley Parrot Health Science Library (Eastern Maine Healthcare, Bangor), <http://www.emh.org/hll/hpl/guide.htm>
- **Maine:** Maine Medical Center Library (Maine Medical Center, Portland), <http://www.mmc.org/library/>
- **Maine:** Parkview Hospital (Brunswick), <http://www.parkviewhospital.org/>
- **Maine:** Southern Maine Medical Center Health Sciences Library (Southern Maine Medical Center, Biddeford), <http://www.smmc.org/services/service.php3?choice=10>
- **Maine:** Stephens Memorial Hospital's Health Information Library (Western Maine Health, Norway), <http://www.wmhcc.org/Library/>

- **Manitoba, Canada:** Consumer & Patient Health Information Service (University of Manitoba Libraries), <http://www.umanitoba.ca/libraries/units/health/reference/chis.html>
- **Manitoba, Canada:** J.W. Crane Memorial Library (Deer Lodge Centre, Winnipeg), http://www.deerlodge.mb.ca/crane_library/about.asp
- **Maryland:** Health Information Center at the Wheaton Regional Library (Montgomery County, Dept. of Public Libraries, Wheaton Regional Library), <http://www.mont.lib.md.us/healthinfo/hic.asp>
- **Massachusetts:** Baystate Medical Center Library (Baystate Health System), <http://www.baystatehealth.com/1024/>
- **Massachusetts:** Boston University Medical Center Alumni Medical Library (Boston University Medical Center), <http://med-libwww.bu.edu/library/lib.html>
- **Massachusetts:** Lowell General Hospital Health Sciences Library (Lowell General Hospital, Lowell), <http://www.lowellgeneral.org/library/HomePageLinks/WWW.htm>
- **Massachusetts:** Paul E. Woodard Health Sciences Library (New England Baptist Hospital, Boston), http://www.nebh.org/health_lib.asp
- **Massachusetts:** St. Luke's Hospital Health Sciences Library (St. Luke's Hospital, Southcoast Health System, New Bedford), <http://www.southcoast.org/library/>
- **Massachusetts:** Treadwell Library Consumer Health Reference Center (Massachusetts General Hospital), <http://www.mgh.harvard.edu/library/chrcindex.html>
- **Massachusetts:** UMass HealthNet (University of Massachusetts Medical School, Worcester), <http://healthnet.umassmed.edu/>
- **Michigan:** Botsford General Hospital Library - Consumer Health (Botsford General Hospital, Library & Internet Services), <http://www.botsfordlibrary.org/consumer.htm>
- **Michigan:** Helen DeRoy Medical Library (Providence Hospital and Medical Centers), <http://www.providence-hospital.org/library/>
- **Michigan:** Marquette General Hospital - Consumer Health Library (Marquette General Hospital, Health Information Center), <http://www.mgh.org/center.html>
- **Michigan:** Patient Education Resource Center - University of Michigan Cancer Center (University of Michigan Comprehensive Cancer Center, Ann Arbor), <http://www.cancer.med.umich.edu/learn/leares.htm>
- **Michigan:** Sladen Library & Center for Health Information Resources - Consumer Health Information (Detroit), <http://www.henryford.com/body.cfm?id=39330>
- **Montana:** Center for Health Information (St. Patrick Hospital and Health Sciences Center, Missoula)
- **National:** Consumer Health Library Directory (Medical Library Association, Consumer and Patient Health Information Section), <http://caphis.mlanet.org/directory/index.html>
- **National:** National Network of Libraries of Medicine (National Library of Medicine) - provides library services for health professionals in the United States who do not have access to a medical library, <http://nnlm.gov/>
- **National:** NN/LM List of Libraries Serving the Public (National Network of Libraries of Medicine), <http://nnlm.gov/members/>

- **Nevada:** Health Science Library, West Charleston Library (Las Vegas-Clark County Library District, Las Vegas), http://www.lvcld.org/special_collections/medical/index.htm
- **New Hampshire:** Dartmouth Biomedical Libraries (Dartmouth College Library, Hanover), <http://www.dartmouth.edu/~biomed/resources.html#conshealth.html#d/>
- **New Jersey:** Consumer Health Library (Rahway Hospital, Rahway), <http://www.rahwayhospital.com/library.htm>
- **New Jersey:** Dr. Walter Phillips Health Sciences Library (Englewood Hospital and Medical Center, Englewood), <http://www.englewoodhospital.com/links/index.htm>
- **New Jersey:** Meland Foundation (Englewood Hospital and Medical Center, Englewood), <http://www.geocities.com/ResearchTriangle/9360/>
- **New York:** Choices in Health Information (New York Public Library) - NLM Consumer Pilot Project participant, <http://www.nypl.org/branch/health/links.html>
- **New York:** Health Information Center (Upstate Medical University, State University of New York, Syracuse), <http://www.upstate.edu/library/hic/>
- **New York:** Health Sciences Library (Long Island Jewish Medical Center, New Hyde Park), <http://www.lij.edu/library/library.html>
- **New York:** ViaHealth Medical Library (Rochester General Hospital), <http://www.nyam.org/library/>
- **Ohio:** Consumer Health Library (Akron General Medical Center, Medical & Consumer Health Library), <http://www.akrongeneral.org/hwlibrary.htm>
- **Oklahoma:** The Health Information Center at Saint Francis Hospital (Saint Francis Health System, Tulsa), <http://www.sfh-tulsa.com/services/healthinfo.asp>
- **Oregon:** Planetree Health Resource Center (Mid-Columbia Medical Center, The Dalles), <http://www.mcmc.net/phrc/>
- **Pennsylvania:** Community Health Information Library (Milton S. Hershey Medical Center, Hershey), <http://www.hmc.psu.edu/commhealth/>
- **Pennsylvania:** Community Health Resource Library (Geisinger Medical Center, Danville), <http://www.geisinger.edu/education/commmlib.shtml>
- **Pennsylvania:** HealthInfo Library (Moses Taylor Hospital, Scranton), <http://www.mth.org/healthwellness.html>
- **Pennsylvania:** Hopwood Library (University of Pittsburgh, Health Sciences Library System, Pittsburgh), http://www.hsls.pitt.edu/guides/chi/hopwood/index_html
- **Pennsylvania:** Koop Community Health Information Center (College of Physicians of Philadelphia), <http://www.collphyphil.org/kooppg1.shtml>
- **Pennsylvania:** Learning Resources Center - Medical Library (Susquehanna Health System, Williamsport), <http://www.shscares.org/services/lrc/index.asp>
- **Pennsylvania:** Medical Library (UPMC Health System, Pittsburgh), <http://www.upmc.edu/passavant/library.htm>
- **Quebec, Canada:** Medical Library (Montreal General Hospital), <http://www.mghlib.mcgill.ca/>

- **South Dakota:** Rapid City Regional Hospital Medical Library (Rapid City Regional Hospital), <http://www.rcrh.org/Services/Library/Default.asp>
- **Texas:** Houston HealthWays (Houston Academy of Medicine-Texas Medical Center Library), <http://hhw.library.tmc.edu/>
- **Washington:** Community Health Library (Kittitas Valley Community Hospital), <http://www.kvch.com/>
- **Washington:** Southwest Washington Medical Center Library (Southwest Washington Medical Center, Vancouver), <http://www.swmedicalcenter.com/body.cfm?id=72>

ONLINE GLOSSARIES

The Internet provides access to a number of free-to-use medical dictionaries. The National Library of Medicine has compiled the following list of online dictionaries:

- ADAM Medical Encyclopedia (A.D.A.M., Inc.), comprehensive medical reference:
<http://www.nlm.nih.gov/medlineplus/encyclopedia.html>
- MedicineNet.com Medical Dictionary (MedicineNet, Inc.):
<http://www.medterms.com/Script/Main/hp.asp>
- Merriam-Webster Medical Dictionary (Inteli-Health, Inc.):
<http://www.intelihealth.com/IH/>
- Multilingual Glossary of Technical and Popular Medical Terms in Eight European Languages (European Commission) - Danish, Dutch, English, French, German, Italian, Portuguese, and Spanish: <http://allserv.rug.ac.be/~rvdstich/eugloss/welcome.html>
- On-line Medical Dictionary (CancerWEB): <http://cancerweb.ncl.ac.uk/omd/>
- Rare Diseases Terms (Office of Rare Diseases):
<http://ord.aspensys.com/asp/diseases/diseases.asp>
- Technology Glossary (National Library of Medicine) - Health Care Technology:
<http://www.nlm.nih.gov/nichsr/ta101/ta10108.htm>

Beyond these, MEDLINEplus contains a very patient-friendly encyclopedia covering every aspect of medicine (licensed from A.D.A.M., Inc.). The ADAM Medical Encyclopedia can be accessed at <http://www.nlm.nih.gov/medlineplus/encyclopedia.html>. ADAM is also available on commercial Web sites such as drkoop.com (<http://www.drkoop.com/>) and Web MD (http://my.webmd.com/adam/asset/adam_disease_articles/a_to_z/a).

Online Dictionary Directories

The following are additional online directories compiled by the National Library of Medicine, including a number of specialized medical dictionaries:

- Medical Dictionaries: Medical & Biological (World Health Organization):
<http://www.who.int/hlt/virtuallibrary/English/diction.htm#Medical>
- MEL-Michigan Electronic Library List of Online Health and Medical Dictionaries (Michigan Electronic Library): <http://mel.lib.mi.us/health/health-dictionaries.html>
- Patient Education: Glossaries (DMOZ Open Directory Project):
http://dmoz.org/Health/Education/Patient_Education/Glossaries/
- Web of Online Dictionaries (Bucknell University):
<http://www.yourdictionary.com/diction5.html#medicine>

MUSIC THERAPY DICTIONARY

The definitions below are derived from official public sources, including the National Institutes of Health [NIH] and the European Union [EU].

Abdominal: Having to do with the abdomen, which is the part of the body between the chest and the hips that contains the pancreas, stomach, intestines, liver, gallbladder, and other organs. [NIH]

Abdominal Pain: Sensation of discomfort, distress, or agony in the abdominal region. [NIH]

Accommodation: Adjustment, especially that of the eye for various distances. [EU]

Acoustic: Having to do with sound or hearing. [NIH]

Acting Out: Expressing unconscious emotional conflicts or feelings, often of hostility or love, through overt behavior. [NIH]

Activities of Daily Living: The performance of the basic activities of self care, such as dressing, ambulation, eating, etc., in rehabilitation. [NIH]

Acute leukemia: A rapidly progressing cancer of the blood-forming tissue (bone marrow). [NIH]

Acute myelogenous leukemia: AML. A quickly progressing disease in which too many immature blood-forming cells are found in the blood and bone marrow. Also called acute myeloid leukemia or acute nonlymphocytic leukemia. [NIH]

Acute myeloid leukemia: AML. A quickly progressing disease in which too many immature blood-forming cells are found in the blood and bone marrow. Also called acute myelogenous leukemia or acute nonlymphocytic leukemia. [NIH]

Acute nonlymphocytic leukemia: A quickly progressing disease in which too many immature blood-forming cells are found in the blood and bone marrow. Also called acute myeloid leukemia or acute myelogenous leukemia. [NIH]

Adjuvantive Therapy: Another treatment used together with the primary treatment. Its purpose is to assist the primary treatment. [NIH]

Adjustment: The dynamic process wherein the thoughts, feelings, behavior, and biophysiological mechanisms of the individual continually change to adjust to the environment. [NIH]

Adjuvant: A substance which aids another, such as an auxiliary remedy; in immunology, nonspecific stimulator (e.g., BCG vaccine) of the immune response. [EU]

Adrenal Cortex: The outer layer of the adrenal gland. It secretes mineralocorticoids, androgens, and glucocorticoids. [NIH]

Adrenal Medulla: The inner part of the adrenal gland; it synthesizes, stores and releases catecholamines. [NIH]

Adrenergic: Activated by, characteristic of, or secreting epinephrine or substances with similar activity; the term is applied to those nerve fibres that liberate norepinephrine at a synapse when a nerve impulse passes, i.e., the sympathetic fibres. [EU]

Adverse Effect: An unwanted side effect of treatment. [NIH]

Agonist: In anatomy, a prime mover. In pharmacology, a drug that has affinity for and stimulates physiologic activity at cell receptors normally stimulated by naturally occurring substances. [EU]

Algorithms: A procedure consisting of a sequence of algebraic formulas and/or logical steps to calculate or determine a given task. [NIH]

Alpha Particles: Positively charged particles composed of two protons and two neutrons, i.e., helium nuclei, emitted during disintegration of very heavy isotopes; a beam of alpha particles or an alpha ray has very strong ionizing power, but weak penetrability. [NIH]

Alternative medicine: Practices not generally recognized by the medical community as standard or conventional medical approaches and used instead of standard treatments. Alternative medicine includes the taking of dietary supplements, megadose vitamins, and herbal preparations; the drinking of special teas; and practices such as massage therapy, magnet therapy, spiritual healing, and meditation. [NIH]

Anaesthesia: Loss of feeling or sensation. Although the term is used for loss of tactile sensibility, or of any of the other senses, it is applied especially to loss of the sensation of pain, as it is induced to permit performance of surgery or other painful procedures. [EU]

Anatomical: Pertaining to anatomy, or to the structure of the organism. [EU]

Anemia: A reduction in the number of circulating erythrocytes or in the quantity of hemoglobin. [NIH]

Anesthesia: A state characterized by loss of feeling or sensation. This depression of nerve function is usually the result of pharmacologic action and is induced to allow performance of surgery or other painful procedures. [NIH]

Anesthetics: Agents that are capable of inducing a total or partial loss of sensation, especially tactile sensation and pain. They may act to induce general anesthesia, in which an unconscious state is achieved, or may act locally to induce numbness or lack of sensation at a targeted site. [NIH]

Antibody: A type of protein made by certain white blood cells in response to a foreign substance (antigen). Each antibody can bind to only a specific antigen. The purpose of this binding is to help destroy the antigen. Antibodies can work in several ways, depending on the nature of the antigen. Some antibodies destroy antigens directly. Others make it easier for white blood cells to destroy the antigen. [NIH]

Antigen: Any substance which is capable, under appropriate conditions, of inducing a specific immune response and of reacting with the products of that response, that is, with specific antibody or specifically sensitized T-lymphocytes, or both. Antigens may be soluble substances, such as toxins and foreign proteins, or particulate, such as bacteria and tissue cells; however, only the portion of the protein or polysaccharide molecule known as the antigenic determinant (q.v.) combines with antibody or a specific receptor on a lymphocyte. Abbreviated Ag. [EU]

Anxiety: Persistent feeling of dread, apprehension, and impending disaster. [NIH]

Aperture: A natural hole of perforation, especially one in a bone. [NIH]

Art Therapy: The use of art as an adjunctive therapy in the treatment of neurological, mental, or behavioral disorders. [NIH]

Arterial: Pertaining to an artery or to the arteries. [EU]

Arteries: The vessels carrying blood away from the heart. [NIH]

Astringents: Agents, usually topical, that cause the contraction of tissues for the control of bleeding or secretions. [NIH]

Autogenic: A type of succession when the developing vegetation itself is the cause for the succession. [NIH]

Autoimmune disease: A condition in which the body recognizes its own tissues as foreign

and directs an immune response against them. [NIH]

Autonomic: Self-controlling; functionally independent. [EU]

Autonomic Nervous System: The enteric, parasympathetic, and sympathetic nervous systems taken together. Generally speaking, the autonomic nervous system regulates the internal environment during both peaceful activity and physical or emotional stress. Autonomic activity is controlled and integrated by the central nervous system, especially the hypothalamus and the solitary nucleus, which receive information relayed from visceral afferents; these and related central and sensory structures are sometimes (but not here) considered to be part of the autonomic nervous system itself. [NIH]

Base: In chemistry, the nonacid part of a salt; a substance that combines with acids to form salts; a substance that dissociates to give hydroxide ions in aqueous solutions; a substance whose molecule or ion can combine with a proton (hydrogen ion); a substance capable of donating a pair of electrons (to an acid) for the formation of a coordinate covalent bond. [EU]

Benign: Not cancerous; does not invade nearby tissue or spread to other parts of the body. [NIH]

Bereavement: Refers to the whole process of grieving and mourning and is associated with a deep sense of loss and sadness. [NIH]

Biochemical: Relating to biochemistry; characterized by, produced by, or involving chemical reactions in living organisms. [EU]

Biotechnology: Body of knowledge related to the use of organisms, cells or cell-derived constituents for the purpose of developing products which are technically, scientifically and clinically useful. Alteration of biologic function at the molecular level (i.e., genetic engineering) is a central focus; laboratory methods used include transfection and cloning technologies, sequence and structure analysis algorithms, computer databases, and gene and protein structure function analysis and prediction. [NIH]

Bladder: The organ that stores urine. [NIH]

Blood Glucose: Glucose in blood. [NIH]

Blood Platelets: Non-nucleated disk-shaped cells formed in the megakaryocyte and found in the blood of all mammals. They are mainly involved in blood coagulation. [NIH]

Blood pressure: The pressure of blood against the walls of a blood vessel or heart chamber. Unless there is reference to another location, such as the pulmonary artery or one of the heart chambers, it refers to the pressure in the systemic arteries, as measured, for example, in the forearm. [NIH]

Blood vessel: A tube in the body through which blood circulates. Blood vessels include a network of arteries, arterioles, capillaries, venules, and veins. [NIH]

Bone Marrow: The soft tissue filling the cavities of bones. Bone marrow exists in two types, yellow and red. Yellow marrow is found in the large cavities of large bones and consists mostly of fat cells and a few primitive blood cells. Red marrow is a hematopoietic tissue and is the site of production of erythrocytes and granular leukocytes. Bone marrow is made up of a framework of connective tissue containing branching fibers with the frame being filled with marrow cells. [NIH]

Bone Marrow Transplantation: The transference of bone marrow from one human or animal to another. [NIH]

Bowel: The long tube-shaped organ in the abdomen that completes the process of digestion. There is both a small and a large bowel. Also called the intestine. [NIH]

Bowel Movement: Body wastes passed through the rectum and anus. [NIH]

Branch: Most commonly used for branches of nerves, but applied also to other structures. [NIH]

Bronchi: The larger air passages of the lungs arising from the terminal bifurcation of the trachea. [NIH]

Carcinogenic: Producing carcinoma. [EU]

Cardiac: Having to do with the heart. [NIH]

Cardiac catheterization: A procedure in which a thin, hollow tube is inserted into a blood vessel. The tube is then advanced through the vessel into the heart, enabling a physician to study the heart and its pumping activity. [NIH]

Cardiology: The study of the heart, its physiology, and its functions. [NIH]

Cardiovascular: Having to do with the heart and blood vessels. [NIH]

Catheterization: Use or insertion of a tubular device into a duct, blood vessel, hollow organ, or body cavity for injecting or withdrawing fluids for diagnostic or therapeutic purposes. It differs from intubation in that the tube here is used to restore or maintain patency in obstructions. [NIH]

Causal: Pertaining to a cause; directed against a cause. [EU]

Cell: The individual unit that makes up all of the tissues of the body. All living things are made up of one or more cells. [NIH]

Cell Transplantation: Transference of cells within an individual, between individuals of the same species, or between individuals of different species. [NIH]

Central Nervous System: The main information-processing organs of the nervous system, consisting of the brain, spinal cord, and meninges. [NIH]

Cerebral: Of or pertaining of the cerebrum or the brain. [EU]

Cerebral hemispheres: The two halves of the cerebrum, the part of the brain that controls muscle functions of the body and also controls speech, emotions, reading, writing, and learning. The right hemisphere controls muscle movement on the left side of the body, and the left hemisphere controls muscle movement on the right side of the body. [NIH]

Cerebral Palsy: Refers to a motor disability caused by a brain dysfunction. [NIH]

Cerebrospinal: Pertaining to the brain and spinal cord. [EU]

Cerebrospinal fluid: CSF. The fluid flowing around the brain and spinal cord. Cerebrospinal fluid is produced in the ventricles in the brain. [NIH]

Cerebrovascular: Pertaining to the blood vessels of the cerebrum, or brain. [EU]

Cerebrum: The largest part of the brain. It is divided into two hemispheres, or halves, called the cerebral hemispheres. The cerebrum controls muscle functions of the body and also controls speech, emotions, reading, writing, and learning. [NIH]

Chemotherapy: Treatment with anticancer drugs. [NIH]

Chiropractic: A system of treating bodily disorders by manipulation of the spine and other parts, based on the belief that the cause is the abnormal functioning of a nerve. [NIH]

Cholesterol: The principal sterol of all higher animals, distributed in body tissues, especially the brain and spinal cord, and in animal fats and oils. [NIH]

Chromosome: Part of a cell that contains genetic information. Except for sperm and eggs, all human cells contain 46 chromosomes. [NIH]

Chronic: A disease or condition that persists or progresses over a long period of time. [NIH]

Clinical trial: A research study that tests how well new medical treatments or other

interventions work in people. Each study is designed to test new methods of screening, prevention, diagnosis, or treatment of a disease. [NIH]

Cloning: The production of a number of genetically identical individuals; in genetic engineering, a process for the efficient replication of a great number of identical DNA molecules. [NIH]

Cofactor: A substance, microorganism or environmental factor that activates or enhances the action of another entity such as a disease-causing agent. [NIH]

Cognition: Intellectual or mental process whereby an organism becomes aware of or obtains knowledge. [NIH]

Cognitive restructuring: A method of identifying and replacing fear-promoting, irrational beliefs with more realistic and functional ones. [NIH]

Colonoscopy: Endoscopic examination, therapy or surgery of the luminal surface of the colon. [NIH]

Complement: A term originally used to refer to the heat-labile factor in serum that causes immune cytolysis, the lysis of antibody-coated cells, and now referring to the entire functionally related system comprising at least 20 distinct serum proteins that is the effector not only of immune cytolysis but also of other biologic functions. Complement activation occurs by two different sequences, the classic and alternative pathways. The proteins of the classic pathway are termed 'components of complement' and are designated by the symbols C1 through C9. C1 is a calcium-dependent complex of three distinct proteins C1q, C1r and C1s. The proteins of the alternative pathway (collectively referred to as the properdin system) and complement regulatory proteins are known by semisystematic or trivial names. Fragments resulting from proteolytic cleavage of complement proteins are designated with lower-case letter suffixes, e.g., C3a. Inactivated fragments may be designated with the suffix 'i', e.g. C3bi. Activated components or complexes with biological activity are designated by a bar over the symbol e.g. C1 or C4b,2a. The classic pathway is activated by the binding of C1 to classic pathway activators, primarily antigen-antibody complexes containing IgM, IgG1, IgG3; C1q binds to a single IgM molecule or two adjacent IgG molecules. The alternative pathway can be activated by IgA immune complexes and also by nonimmunologic materials including bacterial endotoxins, microbial polysaccharides, and cell walls. Activation of the classic pathway triggers an enzymatic cascade involving C1, C4, C2 and C3; activation of the alternative pathway triggers a cascade involving C3 and factors B, D and P. Both result in the cleavage of C5 and the formation of the membrane attack complex. Complement activation also results in the formation of many biologically active complement fragments that act as anaphylatoxins, opsonins, or chemotactic factors. [EU]

Complementary and alternative medicine: CAM. Forms of treatment that are used in addition to (complementary) or instead of (alternative) standard treatments. These practices are not considered standard medical approaches. CAM includes dietary supplements, megadose vitamins, herbal preparations, special teas, massage therapy, magnet therapy, spiritual healing, and meditation. [NIH]

Complementary medicine: Practices not generally recognized by the medical community as standard or conventional medical approaches and used to enhance or complement the standard treatments. Complementary medicine includes the taking of dietary supplements, megadose vitamins, and herbal preparations; the drinking of special teas; and practices such as massage therapy, magnet therapy, spiritual healing, and meditation. [NIH]

Computational Biology: A field of biology concerned with the development of techniques for the collection and manipulation of biological data, and the use of such data to make biological discoveries or predictions. This field encompasses all computational methods and theories applicable to molecular biology and areas of computer-based techniques for solving

biological problems including manipulation of models and datasets. [NIH]

Concomitant: Accompanying; accessory; joined with another. [EU]

Connective Tissue: Tissue that supports and binds other tissues. It consists of connective tissue cells embedded in a large amount of extracellular matrix. [NIH]

Connective Tissue: Tissue that supports and binds other tissues. It consists of connective tissue cells embedded in a large amount of extracellular matrix. [NIH]

Consciousness: Sense of awareness of self and of the environment. [NIH]

Contraindications: Any factor or sign that it is unwise to pursue a certain kind of action or treatment, e. g. giving a general anesthetic to a person with pneumonia. [NIH]

Control group: In a clinical trial, the group that does not receive the new treatment being studied. This group is compared to the group that receives the new treatment, to see if the new treatment works. [NIH]

Coordination: Muscular or motor regulation or the harmonious cooperation of muscles or groups of muscles, in a complex action or series of actions. [NIH]

Coronary: Encircling in the manner of a crown; a term applied to vessels; nerves, ligaments, etc. The term usually denotes the arteries that supply the heart muscle and, by extension, a pathologic involvement of them. [EU]

Coronary Angiography: Radiography of the vascular system of the heart muscle after injection of a contrast medium. [NIH]

Coronary Thrombosis: Presence of a thrombus in a coronary artery, often causing a myocardial infarction. [NIH]

Cortex: The outer layer of an organ or other body structure, as distinguished from the internal substance. [EU]

Cortisol: A steroid hormone secreted by the adrenal cortex as part of the body's response to stress. [NIH]

Critical Care: Health care provided to a critically ill patient during a medical emergency or crisis. [NIH]

Curative: Tending to overcome disease and promote recovery. [EU]

Cutaneous: Having to do with the skin. [NIH]

Cytokine: Small but highly potent protein that modulates the activity of many cell types, including T and B cells. [NIH]

Data Collection: Systematic gathering of data for a particular purpose from various sources, including questionnaires, interviews, observation, existing records, and electronic devices. The process is usually preliminary to statistical analysis of the data. [NIH]

Databases, Bibliographic: Extensive collections, reputedly complete, of references and citations to books, articles, publications, etc., generally on a single subject or specialized subject area. Databases can operate through automated files, libraries, or computer disks. The concept should be differentiated from factual databases which is used for collections of data and facts apart from bibliographic references to them. [NIH]

Day Care: Institutional health care of patients during the day. The patients return home at night. [NIH]

Dementia: An acquired organic mental disorder with loss of intellectual abilities of sufficient severity to interfere with social or occupational functioning. The dysfunction is multifaceted and involves memory, behavior, personality, judgment, attention, spatial relations, language, abstract thought, and other executive functions. The intellectual decline

is usually progressive, and initially spares the level of consciousness. [NIH]

Diabetes Mellitus: A heterogeneous group of disorders that share glucose intolerance in common. [NIH]

Diagnostic procedure: A method used to identify a disease. [NIH]

Digestive system: The organs that take in food and turn it into products that the body can use to stay healthy. Waste products the body cannot use leave the body through bowel movements. The digestive system includes the salivary glands, mouth, esophagus, stomach, liver, pancreas, gallbladder, small and large intestines, and rectum. [NIH]

Direct: 1. Straight; in a straight line. 2. Performed immediately and without the intervention of subsidiary means. [EU]

Disabled Children: Children with mental or physical disabilities that interfere with usual activities of daily living and that may require accommodation or intervention. [NIH]

Disabled Persons: Persons with physical or mental disabilities that affect or limit their activities of daily living and that may require special accommodations. [NIH]

Domestic Violence: Deliberate, often repetitive, physical abuse by one family member against another: marital partners, parents, children, siblings, or any other member of a household. [NIH]

Drug Interactions: The action of a drug that may affect the activity, metabolism, or toxicity of another drug. [NIH]

Duct: A tube through which body fluids pass. [NIH]

Effector: It is often an enzyme that converts an inactive precursor molecule into an active second messenger. [NIH]

Effector cell: A cell that performs a specific function in response to a stimulus; usually used to describe cells in the immune system. [NIH]

Efficacy: The extent to which a specific intervention, procedure, regimen, or service produces a beneficial result under ideal conditions. Ideally, the determination of efficacy is based on the results of a randomized control trial. [NIH]

Electrons: Stable elementary particles having the smallest known negative charge, present in all elements; also called negatrons. Positively charged electrons are called positrons. The numbers, energies and arrangement of electrons around atomic nuclei determine the chemical identities of elements. Beams of electrons are called cathode rays or beta rays, the latter being a high-energy biproduct of nuclear decay. [NIH]

Embryo: The prenatal stage of mammalian development characterized by rapid morphological changes and the differentiation of basic structures. [NIH]

Endocrine System: The system of glands that release their secretions (hormones) directly into the circulatory system. In addition to the endocrine glands, included are the chromaffin system and the neurosecretory systems. [NIH]

Environmental Health: The science of controlling or modifying those conditions, influences, or forces surrounding man which relate to promoting, establishing, and maintaining health. [NIH]

Enzymes: Biological molecules that possess catalytic activity. They may occur naturally or be synthetically created. Enzymes are usually proteins, however catalytic RNA and catalytic DNA molecules have also been identified. [NIH]

Epidemic: Occurring suddenly in numbers clearly in excess of normal expectancy; said especially of infectious diseases but applied also to any disease, injury, or other health-related event occurring in such outbreaks. [EU]

Epinephrine: The active sympathomimetic hormone from the adrenal medulla in most species. It stimulates both the alpha- and beta- adrenergic systems, causes systemic vasoconstriction and gastrointestinal relaxation, stimulates the heart, and dilates bronchi and cerebral vessels. It is used in asthma and cardiac failure and to delay absorption of local anesthetics. [NIH]

Erythrocytes: Red blood cells. Mature erythrocytes are non-nucleated, biconcave disks containing hemoglobin whose function is to transport oxygen. [NIH]

Esophagus: The muscular tube through which food passes from the throat to the stomach. [NIH]

Estrogen: One of the two female sex hormones. [NIH]

Facial: Of or pertaining to the face. [EU]

Family Planning: Programs or services designed to assist the family in controlling reproduction by either improving or diminishing fertility. [NIH]

Fat: Total lipids including phospholipids. [NIH]

Fatigue: The state of weariness following a period of exertion, mental or physical, characterized by a decreased capacity for work and reduced efficiency to respond to stimuli. [NIH]

Fetus: The developing offspring from 7 to 8 weeks after conception until birth. [NIH]

Fibrosis: Any pathological condition where fibrous connective tissue invades any organ, usually as a consequence of inflammation or other injury. [NIH]

Focus Groups: A method of data collection and a qualitative research tool in which a small group of individuals are brought together and allowed to interact in a discussion of their opinions about topics, issues, or questions. [NIH]

Forearm: The part between the elbow and the wrist. [NIH]

Frail Elderly: Older adults or aged individuals who are lacking in general strength and are unusually susceptible to disease or to other infirmity. [NIH]

Fungus: A general term used to denote a group of eukaryotic protists, including mushrooms, yeasts, rusts, moulds, smuts, etc., which are characterized by the absence of chlorophyll and by the presence of a rigid cell wall composed of chitin, mannans, and sometimes cellulose. They are usually of simple morphological form or show some reversible cellular specialization, such as the formation of pseudoparenchymatous tissue in the fruiting body of a mushroom. The dimorphic fungi grow, according to environmental conditions, as moulds or yeasts. [EU]

Gallbladder: The pear-shaped organ that sits below the liver. Bile is concentrated and stored in the gallbladder. [NIH]

Gastrointestinal: Refers to the stomach and intestines. [NIH]

Gastrointestinal tract: The stomach and intestines. [NIH]

Gene: The functional and physical unit of heredity passed from parent to offspring. Genes are pieces of DNA, and most genes contain the information for making a specific protein. [NIH]

Genetics: The biological science that deals with the phenomena and mechanisms of heredity. [NIH]

Geriatric: Pertaining to the treatment of the aged. [EU]

Glucose: D-Glucose. A primary source of energy for living organisms. It is naturally occurring and is found in fruits and other parts of plants in its free state. It is used therapeutically in fluid and nutrient replacement. [NIH]

Glucose Intolerance: A pathological state in which the fasting plasma glucose level is less than 140 mg per deciliter and the 30-, 60-, or 90-minute plasma glucose concentration following a glucose tolerance test exceeds 200 mg per deciliter. This condition is seen frequently in diabetes mellitus but also occurs with other diseases. [NIH]

Governing Board: The group in which legal authority is vested for the control of health-related institutions and organizations. [NIH]

Grade: The grade of a tumor depends on how abnormal the cancer cells look under a microscope and how quickly the tumor is likely to grow and spread. Grading systems are different for each type of cancer. [NIH]

Graft: Healthy skin, bone, or other tissue taken from one part of the body and used to replace diseased or injured tissue removed from another part of the body. [NIH]

Growth: The progressive development of a living being or part of an organism from its earliest stage to maturity. [NIH]

Handicap: A handicap occurs as a result of disability, but disability does not always constitute a handicap. A handicap may be said to exist when a disability causes a substantial and continuing reduction in a person's capacity to function socially and vocationally. [NIH]

Harmony: Attribute of a product which gives rise to an overall pleasant sensation. This sensation is produced by the perception of the product components as olfactory, gustatory, tactile and kinaesthetic stimuli because they are present in suitable concentration ratios. [NIH]

Hemorrhage: Bleeding or escape of blood from a vessel. [NIH]

Hemostasis: The process which spontaneously arrests the flow of blood from vessels carrying blood under pressure. It is accomplished by contraction of the vessels, adhesion and aggregation of formed blood elements, and the process of blood or plasma coagulation. [NIH]

Heredity: 1. The genetic transmission of a particular quality or trait from parent to offspring.
2. The genetic constitution of an individual. [EU]

Homogeneous: Consisting of or composed of similar elements or ingredients; of a uniform quality throughout. [EU]

Hormone: A substance in the body that regulates certain organs. Hormones such as gastrin help in breaking down food. Some hormones come from cells in the stomach and small intestine. [NIH]

Hospice: Institution dedicated to caring for the terminally ill. [NIH]

Host: Any animal that receives a transplanted graft. [NIH]

Hypnotherapy: Sleeping-cure. [NIH]

Hypnotic: A drug that acts to induce sleep. [EU]

Hypothalamus: Ventral part of the diencephalon extending from the region of the optic chiasm to the caudal border of the mammillary bodies and forming the inferior and lateral walls of the third ventricle. [NIH]

Id: The part of the personality structure which harbors the unconscious instinctive desires and strivings of the individual. [NIH]

Idiopathic: Describes a disease of unknown cause. [NIH]

Idiopathic myelofibrosis: A progressive disease in which the bone marrow is replaced by fibrous tissue and is unable to produce red blood cells; the cause is unknown. [NIH]

Immune function: Production and action of cells that fight disease or infection. [NIH]

Immune response: The activity of the immune system against foreign substances (antigens). [NIH]

Immune system: The organs, cells, and molecules responsible for the recognition and disposal of foreign ("non-self") material which enters the body. [NIH]

Immunity: Nonsusceptibility to the invasive or pathogenic effects of foreign microorganisms or to the toxic effect of antigenic substances. [NIH]

Immunoglobulin: A protein that acts as an antibody. [NIH]

Immunology: The study of the body's immune system. [NIH]

Impairment: In the context of health experience, an impairment is any loss or abnormality of psychological, physiological, or anatomical structure or function. [NIH]

Incision: A cut made in the body during surgery. [NIH]

Indicative: That indicates; that points out more or less exactly; that reveals fairly clearly. [EU]

Induction: The act or process of inducing or causing to occur, especially the production of a specific morphogenetic effect in the developing embryo through the influence of evocators or organizers, or the production of anaesthesia or unconsciousness by use of appropriate agents. [EU]

Infarction: A pathological process consisting of a sudden insufficient blood supply to an area, which results in necrosis of that area. It is usually caused by a thrombus, an embolus, or a vascular torsion. [NIH]

Infection: 1. Invasion and multiplication of microorganisms in body tissues, which may be clinically unapparent or result in local cellular injury due to competitive metabolism, toxins, intracellular replication, or antigen-antibody response. The infection may remain localized, subclinical, and temporary if the body's defensive mechanisms are effective. A local infection may persist and spread by extension to become an acute, subacute, or chronic clinical infection or disease state. A local infection may also become systemic when the microorganisms gain access to the lymphatic or vascular system. 2. An infectious disease. [EU]

Inflammation: A pathological process characterized by injury or destruction of tissues caused by a variety of cytologic and chemical reactions. It is usually manifested by typical signs of pain, heat, redness, swelling, and loss of function. [NIH]

Initiation: Mutation induced by a chemical reactive substance causing cell changes; being a step in a carcinogenic process. [NIH]

Inpatients: Persons admitted to health facilities which provide board and room, for the purpose of observation, care, diagnosis or treatment. [NIH]

Insulator: Material covering the metal conductor of the lead. It is usually polyurethane or silicone. [NIH]

Intensive Care: Advanced and highly specialized care provided to medical or surgical patients whose conditions are life-threatening and require comprehensive care and constant monitoring. It is usually administered in specially equipped units of a health care facility. [NIH]

Interleukin-1: A soluble factor produced by monocytes, macrophages, and other cells which activates T-lymphocytes and potentiates their response to mitogens or antigens. IL-1 consists of two distinct forms, IL-1 alpha and IL-1 beta which perform the same functions but are distinct proteins. The biological effects of IL-1 include the ability to replace macrophage requirements for T-cell activation. The factor is distinct from interleukin-2. [NIH]

Interleukin-2: Chemical mediator produced by activated T lymphocytes and which regulates the proliferation of T cells, as well as playing a role in the regulation of NK cell

activity. [NIH]

Intermittent: Occurring at separated intervals; having periods of cessation of activity. [EU]

Internal Medicine: A medical specialty concerned with the diagnosis and treatment of diseases of the internal organ systems of adults. [NIH]

Intervention Studies: Epidemiologic investigations designed to test a hypothesized cause-effect relation by modifying the supposed causal factor(s) in the study population. [NIH]

Intestines: The section of the alimentary canal from the stomach to the anus. It includes the large intestine and small intestine. [NIH]

Intracellular: Inside a cell. [NIH]

Invasive: 1. Having the quality of invasiveness. 2. Involving puncture or incision of the skin or insertion of an instrument or foreign material into the body; said of diagnostic techniques. [EU]

Ion Channels: Gated, ion-selective glycoproteins that traverse membranes. The stimulus for channel gating can be a membrane potential, drug, transmitter, cytoplasmic messenger, or a mechanical deformation. Ion channels which are integral parts of ionotropic neurotransmitter receptors are not included. [NIH]

Iris: The most anterior portion of the uveal layer, separating the anterior chamber from the posterior. It consists of two layers - the stroma and the pigmented epithelium. Color of the iris depends on the amount of melanin in the stroma on reflection from the pigmented epithelium. [NIH]

Joint: The point of contact between elements of an animal skeleton with the parts that surround and support it. [NIH]

Kb: A measure of the length of DNA fragments, 1 Kb = 1000 base pairs. The largest DNA fragments are up to 50 kilobases long. [NIH]

Killer Cells: Lymphocyte-like effector cells which mediate antibody-dependent cell cytotoxicity. They kill antibody-coated target cells which they bind with their Fc receptors. [NIH]

Lactation: The period of the secretion of milk. [EU]

Language Development: The gradual expansion in complexity and meaning of symbols and sounds as perceived and interpreted by the individual through a maturational and learning process. Stages in development include babbling, cooing, word imitation with cognition, and use of short sentences. [NIH]

Language Development Disorders: Conditions characterized by language abilities (comprehension and expression of speech and writing) that are below the expected level for a given age, generally in the absence of an intellectual impairment. These conditions may be associated with deafness; brain diseases; mental disorders; or environmental factors. [NIH]

Language Disorders: Conditions characterized by deficiencies of comprehension or expression of written and spoken forms of language. These include acquired and developmental disorders. [NIH]

Language Therapy: Rehabilitation of persons with language disorders or training of children with language development disorders. [NIH]

Large Intestine: The part of the intestine that goes from the cecum to the rectum. The large intestine absorbs water from stool and changes it from a liquid to a solid form. The large intestine is 5 feet long and includes the appendix, cecum, colon, and rectum. Also called colon. [NIH]

Lesion: An area of abnormal tissue change. [NIH]

Leukemia: Cancer of blood-forming tissue. [NIH]

Leukocytes: White blood cells. These include granular leukocytes (basophils, eosinophils, and neutrophils) as well as non-granular leukocytes (lymphocytes and monocytes). [NIH]

Library Services: Services offered to the library user. They include reference and circulation. [NIH]

Ligaments: Shiny, flexible bands of fibrous tissue connecting together articular extremities of bones. They are pliant, tough, and inextensible. [NIH]

Linkage: The tendency of two or more genes in the same chromosome to remain together from one generation to the next more frequently than expected according to the law of independent assortment. [NIH]

Lipid: Fat. [NIH]

Liver: A large, glandular organ located in the upper abdomen. The liver cleanses the blood and aids in digestion by secreting bile. [NIH]

Localized: Cancer which has not metastasized yet. [NIH]

Loneliness: The state of feeling sad or dejected as a result of lack of companionship or being separated from others. [NIH]

Long-Term Care: Care over an extended period, usually for a chronic condition or disability, requiring periodic, intermittent, or continuous care. [NIH]

Lumbar: Pertaining to the loins, the part of the back between the thorax and the pelvis. [EU]

Lumbar puncture: A procedure in which a needle is put into the lower part of the spinal column to collect cerebrospinal fluid or to give anticancer drugs intrathecally. Also called a spinal tap. [NIH]

Lutein Cells: The cells of the corpus luteum which are derived from the granulosa cells and the theca cells of the Graafian follicle. [NIH]

Lymph: The almost colorless fluid that travels through the lymphatic system and carries cells that help fight infection and disease. [NIH]

Lymph node: A rounded mass of lymphatic tissue that is surrounded by a capsule of connective tissue. Also known as a lymph gland. Lymph nodes are spread out along lymphatic vessels and contain many lymphocytes, which filter the lymphatic fluid (lymph). [NIH]

Lymphatic: The tissues and organs, including the bone marrow, spleen, thymus, and lymph nodes, that produce and store cells that fight infection and disease. [NIH]

Lymphoid: Referring to lymphocytes, a type of white blood cell. Also refers to tissue in which lymphocytes develop. [NIH]

Lymphoma: A general term for various neoplastic diseases of the lymphoid tissue. [NIH]

Macrophage: A type of white blood cell that surrounds and kills microorganisms, removes dead cells, and stimulates the action of other immune system cells. [NIH]

Malignant: Cancerous; a growth with a tendency to invade and destroy nearby tissue and spread to other parts of the body. [NIH]

Malignant tumor: A tumor capable of metastasizing. [NIH]

Mammary: Pertaining to the mamma, or breast. [EU]

Mechanical ventilation: Use of a machine called a ventilator or respirator to improve the exchange of air between the lungs and the atmosphere. [NIH]

Mediator: An object or substance by which something is mediated, such as (1) a structure of the nervous system that transmits impulses eliciting a specific response; (2) a chemical

substance (transmitter substance) that induces activity in an excitable tissue, such as nerve or muscle; or (3) a substance released from cells as the result of the interaction of antigen with antibody or by the action of antigen with a sensitized lymphocyte. [EU]

MEDLINE: An online database of MEDLARS, the computerized bibliographic Medical Literature Analysis and Retrieval System of the National Library of Medicine. [NIH]

Membranes: Thin layers of tissue which cover parts of the body, separate adjacent cavities, or connect adjacent structures. [NIH]

Memory: Complex mental function having four distinct phases: (1) memorizing or learning, (2) retention, (3) recall, and (4) recognition. Clinically, it is usually subdivided into immediate, recent, and remote memory. [NIH]

Mental Disorders: Psychiatric illness or diseases manifested by breakdowns in the adaptational process expressed primarily as abnormalities of thought, feeling, and behavior producing either distress or impairment of function. [NIH]

Mental Health: The state wherein the person is well adjusted. [NIH]

Mental Retardation: Refers to sub-average general intellectual functioning which originated during the developmental period and is associated with impairment in adaptive behavior. [NIH]

Mercury: A silver metallic element that exists as a liquid at room temperature. It has the atomic symbol Hg (from hydrargyrum, liquid silver), atomic number 80, and atomic weight 200.59. Mercury is used in many industrial applications and its salts have been employed therapeutically as purgatives, antisyphilitics, disinfectants, and astringents. It can be absorbed through the skin and mucous membranes which leads to mercury poisoning. Because of its toxicity, the clinical use of mercury and mercurials is diminishing. [NIH]

Meta-Analysis: A quantitative method of combining the results of independent studies (usually drawn from the published literature) and synthesizing summaries and conclusions which may be used to evaluate therapeutic effectiveness, plan new studies, etc., with application chiefly in the areas of research and medicine. [NIH]

MI: Myocardial infarction. Gross necrosis of the myocardium as a result of interruption of the blood supply to the area; it is almost always caused by atherosclerosis of the coronary arteries, upon which coronary thrombosis is usually superimposed. [NIH]

Mobility: Capability of movement, of being moved, or of flowing freely. [EU]

Modification: A change in an organism, or in a process in an organism, that is acquired from its own activity or environment. [NIH]

Molecular: Of, pertaining to, or composed of molecules : a very small mass of matter. [EU]

Monocytes: Large, phagocytic mononuclear leukocytes produced in the vertebrate bone marrow and released into the blood; contain a large, oval or somewhat indented nucleus surrounded by voluminous cytoplasm and numerous organelles. [NIH]

Motility: The ability to move spontaneously. [EU]

Motion Sickness: Sickness caused by motion, as sea sickness, train sickness, car sickness, and air sickness. [NIH]

Mucins: A secretion containing mucopolysaccharides and protein that is the chief constituent of mucus. [NIH]

Mucosa: A mucous membrane, or tunica mucosa. [EU]

Multiple Myeloma: A malignant tumor of plasma cells usually arising in the bone marrow; characterized by diffuse involvement of the skeletal system, hyperglobulinemia, Bence-Jones proteinuria, and anemia. [NIH]

Multiple sclerosis: A disorder of the central nervous system marked by weakness, numbness, a loss of muscle coordination, and problems with vision, speech, and bladder control. Multiple sclerosis is thought to be an autoimmune disease in which the body's immune system destroys myelin. Myelin is a substance that contains both protein and fat (lipid) and serves as a nerve insulator and helps in the transmission of nerve signals. [NIH]

Mycosis: Any disease caused by a fungus. [EU]

Mycosis Fungoides: A chronic malignant T-cell lymphoma of the skin. In the late stages the lymph nodes and viscera are affected. [NIH]

Myelin: The fatty substance that covers and protects nerves. [NIH]

Myelofibrosis: A disorder in which the bone marrow is replaced by fibrous tissue. [NIH]

Myeloma: Cancer that arises in plasma cells, a type of white blood cell. [NIH]

Myocardial infarction: Gross necrosis of the myocardium as a result of interruption of the blood supply to the area; it is almost always caused by atherosclerosis of the coronary arteries, upon which coronary thrombosis is usually superimposed. [NIH]

Myocardium: The muscle tissue of the heart composed of striated, involuntary muscle known as cardiac muscle. [NIH]

Natural killer cells: NK cells. A type of white blood cell that contains granules with enzymes that can kill tumor cells or microbial cells. Also called large granular lymphocytes (LGL). [NIH]

Nausea: An unpleasant sensation in the stomach usually accompanied by the urge to vomit. Common causes are early pregnancy, sea and motion sickness, emotional stress, intense pain, food poisoning, and various enteroviruses. [NIH]

NCI: National Cancer Institute. NCI, part of the National Institutes of Health of the United States Department of Health and Human Services, is the federal government's principal agency for cancer research. NCI conducts, coordinates, and funds cancer research, training, health information dissemination, and other programs with respect to the cause, diagnosis, prevention, and treatment of cancer. Access the NCI Web site at <http://cancer.gov>. [NIH]

Necrosis: A pathological process caused by the progressive degradative action of enzymes that is generally associated with severe cellular trauma. It is characterized by mitochondrial swelling, nuclear flocculation, uncontrolled cell lysis, and ultimately cell death. [NIH]

Need: A state of tension or dissatisfaction felt by an individual that impels him to action toward a goal he believes will satisfy the impulse. [NIH]

Neonatal: Pertaining to the first four weeks after birth. [EU]

Neoplasm: A new growth of benign or malignant tissue. [NIH]

Neoplastic: Pertaining to or like a neoplasm (= any new and abnormal growth); pertaining to neoplasia (= the formation of a neoplasm). [EU]

Nerve: A cordlike structure of nervous tissue that connects parts of the nervous system with other tissues of the body and conveys nervous impulses to, or away from, these tissues. [NIH]

Nervous System: The entire nerve apparatus composed of the brain, spinal cord, nerves and ganglia. [NIH]

Neuroendocrine: Having to do with the interactions between the nervous system and the endocrine system. Describes certain cells that release hormones into the blood in response to stimulation of the nervous system. [NIH]

Neurons: The basic cellular units of nervous tissue. Each neuron consists of a body, an axon, and dendrites. Their purpose is to receive, conduct, and transmit impulses in the nervous system. [NIH]

Neurosis: Functional derangement due to disorders of the nervous system which does not affect the psychic personality of the patient. [NIH]

Neurotransmitters: Endogenous signaling molecules that alter the behavior of neurons or effector cells. Neurotransmitter is used here in its most general sense, including not only messengers that act directly to regulate ion channels, but also those that act through second messenger systems, and those that act at a distance from their site of release. Included are neuromodulators, neuroregulators, neuromediators, and neurohumors, whether or not acting at synapses. [NIH]

Neutrons: Electrically neutral elementary particles found in all atomic nuclei except light hydrogen; the mass is equal to that of the proton and electron combined and they are unstable when isolated from the nucleus, undergoing beta decay. Slow, thermal, epithermal, and fast neutrons refer to the energy levels with which the neutrons are ejected from heavier nuclei during their decay. [NIH]

Nonverbal Communication: Transmission of emotions, ideas, and attitudes between individuals in ways other than the spoken language. [NIH]

Norepinephrine: Precursor of epinephrine that is secreted by the adrenal medulla and is a widespread central and autonomic neurotransmitter. Norepinephrine is the principal transmitter of most postganglionic sympathetic fibers and of the diffuse projection system in the brain arising from the locus ceruleus. It is also found in plants and is used pharmacologically as a sympathomimetic. [NIH]

Oncology: The study of cancer. [NIH]

Outpatient: A patient who is not an inmate of a hospital but receives diagnosis or treatment in a clinic or dispensary connected with the hospital. [NIH]

Ovum: A female germ cell extruded from the ovary at ovulation. [NIH]

Paediatric: Of or relating to the care and medical treatment of children; belonging to or concerned with paediatrics. [EU]

Palliative: 1. Affording relief, but not cure. 2. An alleviating medicine. [EU]

Pancreas: A mixed exocrine and endocrine gland situated transversely across the posterior abdominal wall in the epigastric and hypochondriac regions. The endocrine portion is comprised of the Islets of Langerhans, while the exocrine portion is a compound acinar gland that secretes digestive enzymes. [NIH]

Paralysis: Loss of ability to move all or part of the body. [NIH]

Parturition: The act or process of given birth to a child. [EU]

Pathologic: 1. Indicative of or caused by a morbid condition. 2. Pertaining to pathology (= branch of medicine that treats the essential nature of the disease, especially the structural and functional changes in tissues and organs of the body caused by the disease). [EU]

Patient Education: The teaching or training of patients concerning their own health needs. [NIH]

Perception: The ability quickly and accurately to recognize similarities and differences among presented objects, whether these be pairs of words, pairs of number series, or multiple sets of these or other symbols such as geometric figures. [NIH]

Perioperative: Around the time of surgery; usually lasts from the time of going into the hospital or doctor's office for surgery until the time the patient goes home. [NIH]

Perioperative Nursing: Nursing care of the surgical patient before, during, and after surgery. [NIH]

Pharmacologic: Pertaining to pharmacology or to the properties and reactions of drugs. [EU]

Physical Therapy: The restoration of function and the prevention of disability following disease or injury with the use of light, heat, cold, water, electricity, ultrasound, and exercise. [NIH]

Physiology: The science that deals with the life processes and functions of organismus, their cells, tissues, and organs. [NIH]

Pilot study: The initial study examining a new method or treatment. [NIH]

Plants: Multicellular, eukaryotic life forms of the kingdom Plantae. They are characterized by a mainly photosynthetic mode of nutrition; essentially unlimited growth at localized regions of cell divisions (meristems); cellulose within cells providing rigidity; the absence of organs of locomotion; absense of nervous and sensory systems; and an alteration of haploid and diploid generations. [NIH]

Plasma: The clear, yellowish, fluid part of the blood that carries the blood cells. The proteins that form blood clots are in plasma. [NIH]

Plasma cells: A type of white blood cell that produces antibodies. [NIH]

Play Therapy: A treatment technique utilizing play as a medium for expression and communication between patient and therapist. [NIH]

Poisoning: A condition or physical state produced by the ingestion, injection or inhalation of, or exposure to a deleterious agent. [NIH]

Polypeptide: A peptide which on hydrolysis yields more than two amino acids; called tripeptides, tetrapeptides, etc. according to the number of amino acids contained. [EU]

Postoperative: After surgery. [NIH]

Potentiates: A degree of synergism which causes the exposure of the organism to a harmful substance to worsen a disease already contracted. [NIH]

Practice Guidelines: Directions or principles presenting current or future rules of policy for the health care practitioner to assist him in patient care decisions regarding diagnosis, therapy, or related clinical circumstances. The guidelines may be developed by government agencies at any level, institutions, professional societies, governing boards, or by the convening of expert panels. The guidelines form a basis for the evaluation of all aspects of health care and delivery. [NIH]

Prenatal: Existing or occurring before birth, with reference to the fetus. [EU]

Presumptive: A treatment based on an assumed diagnosis, prior to receiving confirmatory laboratory test results. [NIH]

Prevalence: The total number of cases of a given disease in a specified population at a designated time. It is differentiated from incidence, which refers to the number of new cases in the population at a given time. [NIH]

Problem Solving: A learning situation involving more than one alternative from which a selection is made in order to attain a specific goal. [NIH]

Progesterone: Pregn-4-ene-3,20-dione. The principal progestational hormone of the body, secreted by the corpus luteum, adrenal cortex, and placenta. Its chief function is to prepare the uterus for the reception and development of the fertilized ovum. It acts as an antiovolatory agent when administered on days 5-25 of the menstrual cycle. [NIH]

Progressive: Advancing; going forward; going from bad to worse; increasing in scope or severity. [EU]

Progressive disease: Cancer that is increasing in scope or severity. [NIH]

Projection: A defense mechanism, operating unconsciously, whereby that which is emotionally unacceptable in the self is rejected and attributed (projected) to others. [NIH]

Prolactin: Pituitary lactogenic hormone. A polypeptide hormone with a molecular weight of about 23,000. It is essential in the induction of lactation in mammals at parturition and is synergistic with estrogen. The hormone also brings about the release of progesterone from lutein cells, which renders the uterine mucosa suited for the embedding of the ovum should fertilization occur. [NIH]

Protein S: The vitamin K-dependent cofactor of activated protein C. Together with protein C, it inhibits the action of factors VIIIa and Va. A deficiency in protein S can lead to recurrent venous and arterial thrombosis. [NIH]

Proteins: Polymers of amino acids linked by peptide bonds. The specific sequence of amino acids determines the shape and function of the protein. [NIH]

Proteinuria: The presence of protein in the urine, indicating that the kidneys are not working properly. [NIH]

Protocol: The detailed plan for a clinical trial that states the trial's rationale, purpose, drug or vaccine dosages, length of study, routes of administration, who may participate, and other aspects of trial design. [NIH]

Protons: Stable elementary particles having the smallest known positive charge, found in the nuclei of all elements. The proton mass is less than that of a neutron. A proton is the nucleus of the light hydrogen atom, i.e., the hydrogen ion. [NIH]

Proxy: A person authorized to decide or act for another person, for example, a person having durable power of attorney. [NIH]

Psychiatric: Pertaining to or within the purview of psychiatry. [EU]

Psychiatry: The medical science that deals with the origin, diagnosis, prevention, and treatment of mental disorders. [NIH]

Psychic: Pertaining to the psyche or to the mind; mental. [EU]

Psychodrama: Primarily a technique of group psychotherapy which involves a structure, directed, and dramatized acting out of the patient's personal and emotional problems. [NIH]

Psychopathology: The study of significant causes and processes in the development of mental illness. [NIH]

Psychotherapy: A generic term for the treatment of mental illness or emotional disturbances primarily by verbal or nonverbal communication. [NIH]

Public Policy: A course or method of action selected, usually by a government, from among alternatives to guide and determine present and future decisions. [NIH]

Pulmonary: Relating to the lungs. [NIH]

Pulmonary Artery: The short wide vessel arising from the conus arteriosus of the right ventricle and conveying unaerated blood to the lungs. [NIH]

Pupil: The aperture in the iris through which light passes. [NIH]

Quality of Life: A generic concept reflecting concern with the modification and enhancement of life attributes, e.g., physical, political, moral and social environment. [NIH]

Radiation: Emission or propagation of electromagnetic energy (waves/rays), or the waves/rays themselves; a stream of electromagnetic particles (electrons, neutrons, protons, alpha particles) or a mixture of these. The most common source is the sun. [NIH]

Random Allocation: A process involving chance used in therapeutic trials or other research endeavor for allocating experimental subjects, human or animal, between treatment and control groups, or among treatment groups. It may also apply to experiments on inanimate objects. [NIH]

Randomization: Also called random allocation. Is allocation of individuals to groups, e.g., for experimental and control regimens, by chance. Within the limits of chance variation, random allocation should make the control and experimental groups similar at the start of an investigation and ensure that personal judgment and prejudices of the investigator do not influence allocation. [NIH]

Randomized: Describes an experiment or clinical trial in which animal or human subjects are assigned by chance to separate groups that compare different treatments. [NIH]

Randomized clinical trial: A study in which the participants are assigned by chance to separate groups that compare different treatments; neither the researchers nor the participants can choose which group. Using chance to assign people to groups means that the groups will be similar and that the treatments they receive can be compared objectively. At the time of the trial, it is not known which treatment is best. It is the patient's choice to be in a randomized trial. [NIH]

Receptor: A molecule inside or on the surface of a cell that binds to a specific substance and causes a specific physiologic effect in the cell. [NIH]

Receptors, Serotonin: Cell-surface proteins that bind serotonin and trigger intracellular changes which influence the behavior of cells. Several types of serotonin receptors have been recognized which differ in their pharmacology, molecular biology, and mode of action. [NIH]

Reconstitution: 1. A type of regeneration in which a new organ forms by the rearrangement of tissues rather than from new formation at an injured surface. 2. The restoration to original form of a substance previously altered for preservation and storage, as the restoration to a liquid state of blood serum or plasma that has been dried and stored. [EU]

Rectum: The last 8 to 10 inches of the large intestine. [NIH]

Red blood cells: RBCs. Cells that carry oxygen to all parts of the body. Also called erythrocytes. [NIH]

Refer: To send or direct for treatment, aid, information, de decision. [NIH]

Refractory: Not readily yielding to treatment. [EU]

Regeneration: The natural renewal of a structure, as of a lost tissue or part. [EU]

Regimen: A treatment plan that specifies the dosage, the schedule, and the duration of treatment. [NIH]

Relaxation Techniques: The use of muscular relaxation techniques in treatment. [NIH]

Research Design: A plan for collecting and utilizing data so that desired information can be obtained with sufficient precision or so that an hypothesis can be tested properly. [NIH]

Respirator: A mechanical device that helps a patient breathe; a mechanical ventilator. [NIH]

Respiratory failure: Inability of the lungs to conduct gas exchange. [NIH]

Respite Care: Patient care provided in the home or institution intermittently in order to provide temporary relief to the family home care giver. [NIH]

Restoration: Broad term applied to any inlay, crown, bridge or complete denture which restores or replaces loss of teeth or oral tissues. [NIH]

Saliva: The clear, viscous fluid secreted by the salivary glands and mucous glands of the mouth. It contains mucins, water, organic salts, and ptylin. [NIH]

Salivary: The duct that convey saliva to the mouth. [NIH]

Salivary glands: Glands in the mouth that produce saliva. [NIH]

Schizophrenia: A mental disorder characterized by a special type of disintegration of the personality. [NIH]

Sclerosis: A pathological process consisting of hardening or fibrosis of an anatomical structure, often a vessel or a nerve. [NIH]

Screening: Checking for disease when there are no symptoms. [NIH]

Second Messenger Systems: Systems in which an intracellular signal is generated in response to an intercellular primary messenger such as a hormone or neurotransmitter. They are intermediate signals in cellular processes such as metabolism, secretion, contraction, phototransduction, and cell growth. Examples of second messenger systems are the adenylyl cyclase-cyclic AMP system, the phosphatidylinositol diphosphate-inositol triphosphate system, and the cyclic GMP system. [NIH]

Sedative: 1. Allaying activity and excitement. 2. An agent that allays excitement. [EU]

Selective estrogen receptor modulator: SERM. A drug that acts like estrogen on some tissues, but blocks the effect of estrogen on other tissues. Tamoxifen and raloxifene are SERMs. [NIH]

Self-Help Groups: Organizations which provide an environment encouraging social interactions through group activities or individual relationships especially for the purpose of rehabilitating or supporting patients, individuals with common health problems, or the elderly. They include therapeutic social clubs. [NIH]

Sensory Deprivation: The absence or restriction of the usual external sensory stimuli to which the individual responds. [NIH]

Serotonin: A biochemical messenger and regulator, synthesized from the essential amino acid L-tryptophan. In humans it is found primarily in the central nervous system, gastrointestinal tract, and blood platelets. Serotonin mediates several important physiological functions including neurotransmission, gastrointestinal motility, hemostasis, and cardiovascular integrity. Multiple receptor families (receptors, serotonin) explain the broad physiological actions and distribution of this biochemical mediator. [NIH]

Serum: The clear liquid part of the blood that remains after blood cells and clotting proteins have been removed. [NIH]

Side effect: A consequence other than the one(s) for which an agent or measure is used, as the adverse effects produced by a drug, especially on a tissue or organ system other than the one sought to be benefited by its administration. [EU]

Sigmoid: 1. Shaped like the letter S or the letter C. 2. The sigmoid colon. [EU]

Sigmoidoscopy: Endoscopic examination, therapy or surgery of the sigmoid flexure. [NIH]

Skeletal: Having to do with the skeleton (boney part of the body). [NIH]

Skeleton: The framework that supports the soft tissues of vertebrate animals and protects many of their internal organs. The skeletons of vertebrates are made of bone and/or cartilage. [NIH]

Social Environment: The aggregate of social and cultural institutions, forms, patterns, and processes that influence the life of an individual or community. [NIH]

Social Isolation: The separation of individuals or groups resulting in the lack of or minimizing of social contact and/or communication. This separation may be accomplished by physical separation, by social barriers and by psychological mechanisms. In the latter, there may be interaction but no real communication. [NIH]

Social Support: Support systems that provide assistance and encouragement to individuals with physical or emotional disabilities in order that they may better cope. Informal social support is usually provided by friends, relatives, or peers, while formal assistance is provided by churches, groups, etc. [NIH]

Social Work: The use of community resources, individual case work, or group work to promote the adaptive capacities of individuals in relation to their social and economic environments. It includes social service agencies. [NIH]

Socialization: The training or molding of an individual through various relationships, educational agencies, and social controls, which enables him to become a member of a particular society. [NIH]

Soft tissue: Refers to muscle, fat, fibrous tissue, blood vessels, or other supporting tissue of the body. [NIH]

Solitary Nucleus: Gray matter located in the dorsomedial part of the medulla oblongata associated with the solitary tract. The solitary nucleus receives inputs from most organ systems including the terminations of the facial, glossopharyngeal, and vagus nerves. It is a major coordinator of autonomic nervous system regulation of cardiovascular, respiratory, gustatory, gastrointestinal, and chemoreceptive aspects of homeostasis. The solitary nucleus is also notable for the large number of neurotransmitters which are found therein. [NIH]

Spastic: 1. Of the nature of or characterized by spasms. 2. Hypertonic, so that the muscles are stiff and the movements awkward. 3. A person exhibiting spasticity, such as occurs in spastic paralysis or in cerebral palsy. [EU]

Spasticity: A state of hypertonicity, or increase over the normal tone of a muscle, with heightened deep tendon reflexes. [EU]

Specialist: In medicine, one who concentrates on 1 special branch of medical science. [NIH]

Species: A taxonomic category subordinate to a genus (or subgenus) and superior to a subspecies or variety, composed of individuals possessing common characters distinguishing them from other categories of individuals of the same taxonomic level. In taxonomic nomenclature, species are designated by the genus name followed by a Latin or Latinized adjective or noun. [EU]

Speech Intelligibility: Ability to make speech sounds that are recognizable. [NIH]

Spinal tap: A procedure in which a needle is put into the lower part of the spinal column to collect cerebrospinal fluid or to give anticancer drugs intrathecally. Also called a lumbar puncture. [NIH]

Stem cell transplantation: A method of replacing immature blood-forming cells that were destroyed by cancer treatment. The stem cells are given to the person after treatment to help the bone marrow recover and continue producing healthy blood cells. [NIH]

Stem Cells: Relatively undifferentiated cells of the same lineage (family type) that retain the ability to divide and cycle throughout postnatal life to provide cells that can become specialized and take the place of those that die or are lost. [NIH]

Steroid: A group name for lipids that contain a hydrogenated cyclopentanoperhydrophenanthrene ring system. Some of the substances included in this group are progesterone, adrenocortical hormones, the gonadal hormones, cardiac aglycones, bile acids, sterols (such as cholesterol), toad poisons, saponins, and some of the carcinogenic hydrocarbons. [EU]

Stomach: An organ of digestion situated in the left upper quadrant of the abdomen between the termination of the esophagus and the beginning of the duodenum. [NIH]

Stress: Forcibly exerted influence; pressure. Any condition or situation that causes strain or tension. Stress may be either physical or psychologic, or both. [NIH]

Stress management: A set of techniques used to help an individual cope more effectively with difficult situations in order to feel better emotionally, improve behavioral skills, and often to enhance feelings of control. Stress management may include relaxation exercises,

assertiveness training, cognitive restructuring, time management, and social support. It can be delivered either on a one-to-one basis or in a group format. [NIH]

Stroke: Sudden loss of function of part of the brain because of loss of blood flow. Stroke may be caused by a clot (thrombosis) or rupture (hemorrhage) of a blood vessel to the brain. [NIH]

Subacute: Somewhat acute; between acute and chronic. [EU]

Subclinical: Without clinical manifestations; said of the early stage(s) of an infection or other disease or abnormality before symptoms and signs become apparent or detectable by clinical examination or laboratory tests, or of a very mild form of an infection or other disease or abnormality. [EU]

Substance P: An eleven-amino acid neurotransmitter that appears in both the central and peripheral nervous systems. It is involved in transmission of pain, causes rapid contractions of the gastrointestinal smooth muscle, and modulates inflammatory and immune responses. [NIH]

Sympathetic Nervous System: The thoracolumbar division of the autonomic nervous system. Sympathetic preganglionic fibers originate in neurons of the intermediolateral column of the spinal cord and project to the paravertebral and prevertebral ganglia, which in turn project to target organs. The sympathetic nervous system mediates the body's response to stressful situations, i.e., the fight or flight reactions. It often acts reciprocally to the parasympathetic system. [NIH]

Sympathomimetic: 1. Mimicking the effects of impulses conveyed by adrenergic postganglionic fibres of the sympathetic nervous system. 2. An agent that produces effects similar to those of impulses conveyed by adrenergic postganglionic fibres of the sympathetic nervous system. Called also adrenergic. [EU]

Synapses: Specialized junctions at which a neuron communicates with a target cell. At classical synapses, a neuron's presynaptic terminal releases a chemical transmitter stored in synaptic vesicles which diffuses across a narrow synaptic cleft and activates receptors on the postsynaptic membrane of the target cell. The target may be a dendrite, cell body, or axon of another neuron, or a specialized region of a muscle or secretory cell. Neurons may also communicate through direct electrical connections which are sometimes called electrical synapses; these are not included here but rather in gap junctions. [NIH]

Synergistic: Acting together; enhancing the effect of another force or agent. [EU]

Systemic: Affecting the entire body. [NIH]

Tamoxifen: A first generation selective estrogen receptor modulator (SERM). It acts as an agonist for bone tissue and cholesterol metabolism but is an estrogen antagonist in mammary and uterine. [NIH]

Therapeutics: The branch of medicine which is concerned with the treatment of diseases, palliative or curative. [NIH]

Thorax: A part of the trunk between the neck and the abdomen; the chest. [NIH]

Thought Field Therapy: Radiotherapy in which a lesion is subjected to radiation entering the body through several portals. [NIH]

Thrombosis: The formation or presence of a blood clot inside a blood vessel. [NIH]

Time Management: Planning and control of time to improve efficiency and effectiveness. [NIH]

Tissue: A group or layer of cells that are alike in type and work together to perform a specific function. [NIH]

Tonal: Based on special tests used for a topographic diagnosis of perceptive deafness (damage of the Corti organ, peripheral or central damage, i. e. the auditory cortex). [NIH]

Toxic: Having to do with poison or something harmful to the body. Toxic substances usually cause unwanted side effects. [NIH]

Toxicity: The quality of being poisonous, especially the degree of virulence of a toxic microbe or of a poison. [EU]

Toxicology: The science concerned with the detection, chemical composition, and pharmacologic action of toxic substances or poisons and the treatment and prevention of toxic manifestations. [NIH]

Toxins: Specific, characterizable, poisonous chemicals, often proteins, with specific biological properties, including immunogenicity, produced by microbes, higher plants, or animals. [NIH]

Transfection: The uptake of naked or purified DNA into cells, usually eukaryotic. It is analogous to bacterial transformation. [NIH]

Transmitter: A chemical substance which effects the passage of nerve impulses from one cell to the other at the synapse. [NIH]

Tryptophan: An essential amino acid that is necessary for normal growth in infants and for nitrogen balance in adults. It is a precursor serotonin and niacin. [NIH]

Unconscious: Experience which was once conscious, but was subsequently rejected, as the "personal unconscious". [NIH]

Vaccine: A substance or group of substances meant to cause the immune system to respond to a tumor or to microorganisms, such as bacteria or viruses. [NIH]

Vascular: Pertaining to blood vessels or indicative of a copious blood supply. [EU]

Vasoconstriction: Narrowing of the blood vessels without anatomic change, for which constriction, pathologic is used. [NIH]

Venous: Of or pertaining to the veins. [EU]

Ventilation: 1. In respiratory physiology, the process of exchange of air between the lungs and the ambient air. Pulmonary ventilation (usually measured in litres per minute) refers to the total exchange, whereas alveolar ventilation refers to the effective ventilation of the alveoli, in which gas exchange with the blood takes place. 2. In psychiatry, verbalization of one's emotional problems. [EU]

Ventilator: A breathing machine that is used to treat respiratory failure by promoting ventilation; also called a respirator. [NIH]

Veterinary Medicine: The medical science concerned with the prevention, diagnosis, and treatment of diseases in animals. [NIH]

Viscera: Any of the large interior organs in any one of the three great cavities of the body, especially in the abdomen. [NIH]

Visceral: , from viscus a viscus) pertaining to a viscus. [EU]

Visceral Afferents: The sensory fibers innervating the viscera. [NIH]

White blood cell: A type of cell in the immune system that helps the body fight infection and disease. White blood cells include lymphocytes, granulocytes, macrophages, and others. [NIH]

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